

December 8th 1973 Vol. 27 No. 49

a **weekly**

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

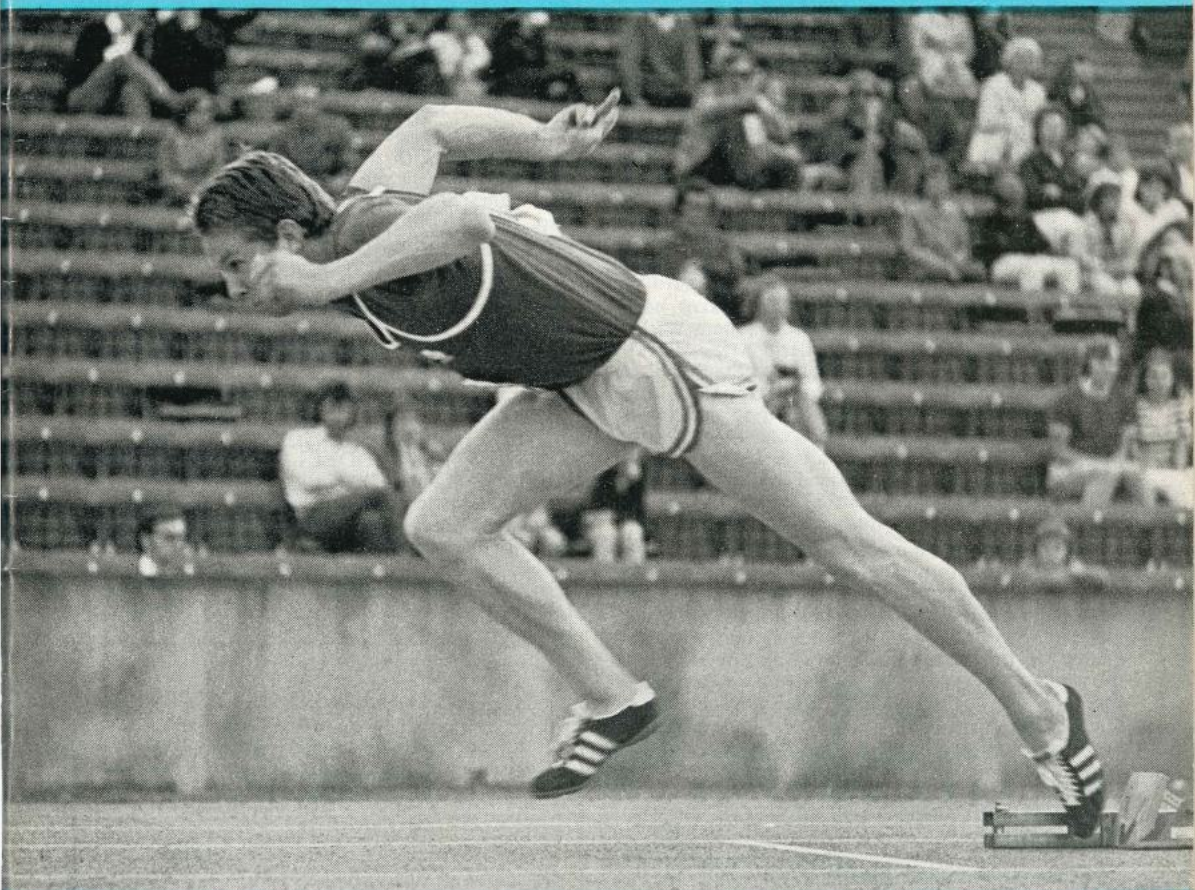
thletics

INSIDE

FINLAND'S LEGENDARY RUNNERS

★ Latest Overseas
Results

★ Leading Commonwealth
Contenders



10p

DAVID JENKINS
— attacks
indoor 600m
record at
Cosford.

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Fast '20' By Plain

THE temperature was 2°C when the gun fired at 11.05 a.m. last Saturday at the new Tartan track at Whitchurch, Bristol. It sent nine runners on a 20 miles event (80½ laps) organised by the Nos Galan Committee. The committee have often agreed to promote 'Cinderella' events as a contribution generally to athletics and in appreciation of the grand support they get each year for Nos Galan. Last Saturday's race was no exception—it was put on as a sharpener for the Christchurch marathon boys and although only a few supported it at least it produced a new UK All-Comers' best by Bernard Plain of 1:40:34.6—15sec faster than Jim Alder's mark in October 1972.

The timekeepers and recorders sat in cars alongside the finishing line and there was a last-minute scramble to get the runners off precisely on time. But most of them were around the track cracking the ice which had formed in patches while officials sorted themselves out in the cars in teams of five.

Cavin Woodward went off like a rocket but after a mile Plain and Robert Sercombe took over, then led on alternate laps. They were within an even pace schedule for a world best for many miles but at 10 miles the writing was on the wall when they were timed at 17sec behind, and it seemed to be getting colder. Bob Atkinson dropped out fairly early, then Pete Wood joined him.

The remaining five ran their own races while Plain and Sercombe assisted each other. With 2 miles to go Plain gradually drew away and he went through 30km in 1:33:49, with Sercombe 10sec behind him. Then the sun appeared. The organisers kicked themselves for not postponing the start as it was obvious that one second faster per lap would have given a world best to the winner. But Plain was pleased with his victory and record, as was Sercombe in second place—only 9sec outside Jim Alder's time.

One quite astonishing incident occurred during the race. The announcer called out to Plain that he had covered 5 miles in a certain time. "That's wrong" shouted NUTS member John Walsh, who was running a lap behind. Sure enough, a second glance at the recorder's board confirmed it and the correction was announced. John is a veritable fount of information before and after any race, but to be able, with certainty, to correct an announcement in a race in which he is competing, I find quite astonishing.

Result: 1, B. Plain (Cardiff) 1:40:34.6; 2, R. Sercombe (Newport) 1:40:59.0; 3, D. Ritchie (Birch) 1:46:36.6; 4, C. Woodward (Leam) 1:47:21.4; 5, L. Hughes (TVH) 1:49:32.2; 6, J. Walsh (Card) 1:55:24.2; 7, R. Jeans (Salis) 2:01:43.4.

Bernard Baldwin

Puttemans Wins

THE cross-country clash between the world record holders for 2 miles (Brendan Foster) and 5000m (Emiel Puttemans) at Vanves, Paris, last Sunday resulted in an untroubled victory for the Belgian. Puttemans broke away at the end of the first of three and a half laps of a twisting, undulating, muddy course and built up a lead of over 100 metres. Foster managed to close to within 70m at one stage but Puttemans, running relaxed and well within himself, had stretched the margin to 100m again by the finish. This was to have been Foster's last race before the Commonwealth Games but it is possible that he will seek a short road relay leg as a final tune-up.

Result: (8000m) 1, Puttemans (Bel) 23:34; 2, BRENDAN FOSTER (Eng) 23:51; 3, Van Mullem (Bel) 24:07; 4, DAVE LEM (Eng) 24:18; 5, MIKE TAGG (Eng) 24:23; 6, de Hertoghe (Bel) 24:34; 7, Rampon (Fra) 24:34; 8, Cairoche (Fra) 24:37; 9, IAN GILMOUR (Sco) 24:38; 10, STEVE KENYON (Eng) 24:41.

George Dunn reports that at Bolbec (France) on November 25th both Alan Blinston and Bernie Ford had falls, while Bob Richardson trod on a large stone at an awkward angle, causing him to limp. Nevertheless, they all finished in the first seven and England beat France 15-16 for the team race. Portsmouth won the club trophy for the third year running. Result: 1, Jourdan (Fra) 34:02; 2, Vaes (Bel) 34:22; 3, FORD 34:33; 4, BLINSTON 35:02; 5, Caraby (Fra) 35:16; 6, JOHN CAIN (Portsmouth) 35:20; 7, RICHARDSON 35:29; 8, Van Butsele (Bel) 35:41 . . . other Portsmouth scorers: 15, MARTIN HYMAN; 16, CHARLIE FUTCHER; 17, PETER CORNEY; 37, NICK WATKINS. (Vets) 1, KEN HARLAND (Camb H); 3, DAVE DELLAR (Camb H). (Yths) ROBERTS (Camb H).

Denis Fowles (Wales) won at Villeneuve (France) on November 25th in 29:54 followed by Gauthier (France) 30:35 and Peter Ratcliffe (Wales) 31:05. The same day, at Bierbeek (Belgium), Malcolm Thomas was 3rd and Tim Johnston 4th behind the Belgians, Schots and Janssens.

TWICKENHAM ATHLETIC CLUB MIXED ROAD RELAY

(Under A.A.A. Laws)

Colt 1½M x Boy 1½M x Youth 2½M
x Junior/Senior 1½M

NEW YEAR'S DAY

1st JANUARY, 1974

Prizes: Winning team, fastest three on each leg, first 'B' team, first 'C' team.

Entry fees: 60p per team, then 40p per subsequent team.

Further details from and entries to: B. Smith, 33 Queensway, Sunbury on Thames, Middx.

ENTRIES CLOSE DECEMBER 18th, 1973

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THE WEEK AHEAD

Saturday, December 8th: Philips Cosford Games (2nd day) (noon); Inter-Area CC Match at Derby and UAU v RAF v MCAAA; Harry Whitehurst Memorial '7½' at Graves Park; Gower '11'; Whitebread '5' at Portsmouth; Surrey League at Peter-sham; Bradford & Dist Championships at Pudsey; Chingford & Dist League at Enfield; South East Lincs League at Farnworth; Mid Lincs Inter League; Northern Women's League; Women's County CC Champs (South); North Glos Women's League at Worcester; Essex Youths, Boys & Colts Champs at Chelmsford; Law AAC Road Races; Scottish CCU v Scottish Universities.

Sunday, December 9th: New Cumbria Relays at Carlisle; Worksop CC Races; Galloway H Open Races.

Friday, December 14th: 'AW' Club Film Show at Bowater House Cinema (7 for 7.30 p.m.).

Saturday, December 15th: Indoor Half De-cathlon & Women's Pentathlon at Cosford (11.30 a.m.); Hogs Back Road Race; Newport to Tred-egar '22'; Women's Greater London League at Oakhill Park, East Barnet (1.45 p.m.); Chiltern League (Div 1 at Wycombe; Div 2 at Wolverton); Manchester League at Ashton; Metropolitan League at Horsenden Hill; Mid-Lincs League at Preston; West Yorks League at Guiseley; Stoke CC Team Race; Golden Wonder Road Race Championships at Market Harborough; Notts Young Athletes CC Races; Victoria Park Ladies Road Races; East Kilbride AAC Open Road Races.

Sunday, December 16th: Winter Track & Field Meeting at Kirkby (noon); SCAAA Open Meet-ing at Haringey (Wood Green) (2 p.m.).

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Road Races

Dave Gibbon Scores in Clive Cookson Cup

IT was evident from the start of the Clive Cookson Cup 5½M road race at North Shields on November 17th that Mike McLeod was out to repeat his 1972 victory but Dave Gibbon, his Elswick clubmate, had other ideas. The two went out in front followed by a small bunch who could not get near. Dave made an effort 1¼M from home to which Mike could not respond. Morpeth Harriers won the Trophy by a much smaller margin than anticipated, for the previous week they had a difference of 100 points over their nearest rivals, but on this occasion they beat Gosforth by only 9 points.

In the women's event, organising club North Shields Polytechnic had a runaway win, filling first three positions, but it was unfortunate for Airedale that they were without Jean Lochhead, a previous winner of this event. The Boys race produced a new record of 12:07 for the 2½M course. The old record was made by Mike McLeod in 1967 so it is hoped that Mills will follow in his footsteps.

J.C.K.

1, D. Gibbon (Elswick)	24:21
2, M. McCleod (Elswick)	24:28
3, J. Pearson (Morpeth)	24:33
4, M. Bateman (Morp) 24:47; 5, A. Leitch (Gates) 24:52; 6, J. Hillen (Salt) 24:58; 7, R. Dunn (Morp) 25:07; 8, K. Garrett (M/C Univ) 25:09; 9, S. Larkin (Salt) 25:11; 10, N. Rackham (Gos) 25:15; 11, H. Matthews (Els) 25:17; 12, D. Prudham (Gates) 25:19; 13, H. Symonds (Durh Un) 25:23; 14, A. Gibbon (Gos) 25:37; 15, M. Dickson (Heat) 25:39; 16, J. McCarthy (Gos) 25:42; 17, R. Coles (N/C Univ) 25:43; 18, P. Fawkes (NSP) 25:44; 19, K. Parr (Salt) 25:45; 20, D. Lawther (NSP) 25:51; 21, B. Cordes (Morp) 25:52; 22, J. D. Stage (Gos) 25:52; 23, N. Jerome (AF&D) 25:57; 24, A. Wynn (Salt) 26:01; 25, M. Goddard (NSP) 26:03; 26, R. Checkley (Heat) 26:04; 27, W. Wardle (Jarr) 26:06; 28, A. Catley (NSP) 26:09; 29, T. Rooke (M&C) 26:14; 30, H. Forrest (Gos) 26:19. Teams: 1, Morpeth 121; 2, Gosforth 130; 3, North Shields Poly 160; 4, Elswick 165; 5, Saltwell 178; 6, Newcastle Univ 258.	

Youths

1, J. Colquhoun (Blay) 14:22; 2, M. Dobie (Gates) 14:27; 3, D. Scorer (Gates) 14:32; 4, D. Roberts (NSP) 14:36; 5, D. Roberts (Jarr) 14:56; 6, D. Johnstone (S Shields) 14:57; 7, N. Jobson (Blay) 14:58; 8, S. Bushell (Salt) 15:02; 9, C. Jones (S Shields) 15:09; 10, L. Nicholson (S Shields) 15:17. Teams: 1, South Shields 25; 2, Blaydon 26; 3, North Shields Poly 33; 4, Saltwell 35.

Boys

1, J. Mills (Gates) 12:07; 2, S. Parr (Gates) 12:33; 3, S. Ridley (Gates) 12:37; 4, G. Maddison (Gates) 12:38; 5, P. Addison (S Shields) 12:39; 6, A. Clifton (Gates) 12:43; 7, I. Davidson (Salt) 12:45; 8, K. Legge (NSP) 12:50; 9, G. Lisgo (Gates) 12:58; 10, P. Bulmer (Lawrence Jackson Sch) 13:00. Teams: 1, Gateshead 'B' 12; 2, Gateshead 'A' 13; 3, North Shields Poly 34.
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Colts

1, M. Brown (Darl) 9:00; 2, S. Cram (Jarr) 9:20; 3, S. Halliday (Jarr) 9:26; 4, G. Birks (Jarr) 9:32; 5, S. Waters (Blay) 9:35; 6, J. Smith (Darl) 9:38. Teams: 1, Jarrow 12; 2, Darlington 18; 3, Jarrow 'B' 36; 4, Blaydon 49; 5, Gateshead 61; 6, North Shields Poly 67.

Senior Women

1, F. Wishart (North Shields Poly) 14:17; 2, M. Fawkes (North Shields Poly) 14:26; 3, P. Fish (NSP) 14:44; 4, J. Lawson (Darl) 14:49; 5, M. Larkin (Blay) 14:53; 6, M. Worth (A&SV) 14:57; 7, L. Bateman (Blyth) 15:09; 8, S. Smith (NSP) 15:27; 9, E. Flemming (A&SV) 15:30; 10, N. Campbell (Blay) 15:34. Teams: 1, North Shields Poly 6; 2, Airedale & Spen Valley 35; 3, Edinburgh Southern 36; 4, Laurence Jackson Sch 63.

Juniors

1, J. Schusler (Salt) 10:07; 2, L. Richmond (Darl) 10:09; 3, F. Lawson (Darl) 10:12; 4, A. Robertson (ESH) 10:26; 5, J. Eaglesham (ESH) 10:27; 6, A. Clarkson (ESH) 10:33. Teams: 1, Darlington 12; 2, Edinburgh Southern 15; 3, Jarrow & Hebburn 67; 4, Saltwell 69; 5, Gosforth 74; 6, Laurence Jackson Sch 75.

WATERLOO 'ROUND THE HOUSES' ROAD RELAY

At Blundellsands, Liverpool, November 14th

1, Liverpool H (D. Evans 9:19, P. McEvoy 9:30, A. Gerrard 9:34, F. Davies 8:57, R. Harrison 9:17, P. Carey 9:09) 55:46;
2, Birmingham Univ (P. Lewis 9:30, M. Kearns 9:04, K. Perry 9:31, S. Lawrence 9:06, P. Sander-son 9:35, R. Smedley 9:08) 55:54;
3, Alsager Coll (J. Hayward 9:24, K. Salmon 9:39, P. Griffey 9:21, D. Gee 9:25, S. Ellis 9:26, R. Brown 9:30) 56:45;
4, Liverpool Pem 56:51; 5, Wirral 58:41; 6, Liverpool H 'B' 58:49; 7, Waterloo 59:26; 8, Manchester 59:34; 9, Alsager Coll 'B' 60:28; 10, Liverpool Pem 'B' 60:29; 11, Madeley Coll 60:32; 12, Wirral 'B' 60:52; 13, Liverpool Poly 62:32; 14, Liverpool H 'C' 62:46; 15, Sefton 63:16; 16, Bury & Rad 64:18; 17, Wallasey 64:19; 18, Birmingham Univ 'B' 64:45; 19, Madeley College 'B' 65:42; 20, Waterloo 'B' 67:50. Fastest: Davies 8:57, Kearns 9:04, Lawrence 9:06, Smedley 9:08, Carey 9:09, P. Shaw (Man) 9:16, S. Deegan (Liv P) 9:17, Harrison 9:17, K. Carroll (Liv P) 9:18, J. Wheway (Mad C) 9:19, Evans 9:19.

Fast Finish by Presland

BREAKING away from the leading group with half a mile left, Les Presland (Aldershot) won the Basingstoke 6 miles round-the-houses road race on November 25th, but the cold, damp conditions helped to prevent the course records in either the Senior or Youths events being approached. Presland was in a bunch of half a dozen, which included 1972 winner and course record holder Derek Dipper and steeplechase international Ron McAndrew and Gerry Stevens, as they reached the end of the first of two flattish three mile laps in 14:40. Entering the last half mile it was down to a race between Presland, McAndrew and John Bryant of Thames Hare and Hounds, with the tall Presland having the edge in speed and Bryant holding off McAndrew for second place.

Although McAndrew (ex-Reading) runs for Cardiff these days, the Berkshire club still filled the next three places to sweep up the team race for the eighth time in nine years. Another lanky Aldershot runner like Presland, Ian Logan, was a convincing winner of the Youths race, after Andover's Geoff Bulpitt had led early on; Bristol AC took the honours in a close team race.

Cliff Temple

Senior 6 miles

1. L. Presland (Aldershot FD) 29:47
2. J. Bryant (Thames Hare and Hounds) 29:50
3. R. McAndrew (Cardiff) 29:53
4. D. Dipper (Read) 30:01; 5. R. Piotrowski (Read) 30:02; 6. G. Stevens (Read) 30:15; 7. E. Oxlade (Hill) 30:33; 8. M. Duff (Read) 30:35; 9. M. Barratt (Eal) 30:39; 10. B. Baldero (Tipton) 30:39; 11. I. Hicks (Ald) 30:44; 12. P. Leitch (Ald) 30:51; 13. J. Keating (Eal) 30:56; 14. S. Crawte (Ald) 30:58; 15. M. Kortenray (Mit) 30:59; 16. P. Chivers (Eal) 31:02; 17. D. Claxton (HHH) 31:11; 18. K. Whyte (Read) 31:15; 19. R. Stevens (Read) 31:20; 20. T. Wale (Port) 31:29; 21. A. Barnett (And) 31:33; 22. Molloy (Royal Irish Rangers) 31:41; 23. B. Kemp (Eal) 31:58; 24. J. Adley (Read) 32:09; 25. I. Oldacre (And) 32:20; 26. N. Pritchard (Ox) 32:42; 27. D. Jenkinson (Ox) 32:49; 28. J. Carlisle (Port) 32:58; 29. R. Hendry (Ryde) 33:17; 30. P. Newby (Thames HH) 33:17. 74 finished.

Teams: 1, Reading 12; 2, Aldershot FD 18; 3, Ealing and Southall 29; 4, Reading 'B' 48; 5, Thames Hare and Hounds 55; 6, Andover 62; 7, Herne Hill 72; 8, Oxford City 74; 9, Salisbury 107; 10, Basingstoke 128.

Youths 3 miles

1. I. Logan (Aldershot FD) 15:36; 2. G. Bulpitt (Andover) 15:58; 3. G. Bath (Salisbury) 16:09; 4. R. Swann (Bas) 16:14; 5. P. Tarr 16:20; 6. D. Crouch (Ryde) 16:21; 7. C. Owen (Bris) 16:30; 8. Lunnon (Bris) 16:35; 9. S. Hayton (Ryde) 17:04; 10. T. Eglen (Ald) 17:07. **Teams:** 1, Bristol 24; 2, Aldershot FD 25; 3, Ryde 27; 4, Andover 30; 5, Basingstoke 37; 6, Andover 'B' 63.

Faircloth Well Clear

COMMONWEALTH GAMES marathon bronze medallist Don Faircloth continued his strive back to fitness after the injury he sustained in the Harlow event with an impressive win in the Epsom open 11 miles road race on November 17th. Faircloth was never far from the front and at the end of the first 3½ chilly miles he was sharing the lead with Bob Atkinson of Cardiff and Ron McAndrew, formerly of Reading, who runs in Cardiff colours.

At the end of seven miles, Faircloth was well clear, passing in 36:33, 28 seconds faster than McAndrew, with Atkinson another 24 seconds down. Faircloth continued to forge ahead to win easily in 56:04. Cardiff, making their debut in the event, took the team honours.

Tom Pollak

1. D. Faircloth (Croydon) 56:04
2. R. McAndrew (Cardiff) 57:49
3. R. Atkinson (Cardiff) 58:11
4. P. O'Connor (Bel) 58:27; 5. S. Crawte (AF&D) 59:53; 6. C. Beauvais (Walt) 60:28; 7. D. Walsh (Card) 60:36; 8. D. Smallbone (HW) 60:43; 9. J. Walsh (Card) 61:11; 10. G. McEntire (E&E) 61:25; 11. G. Elsom (Croy) 61:32; 12. D. Owen (Walt) 61:41; 13. G. Newton (Lut) 61:42; 14. D. Jennerson (Ox) 61:51; 15. M. Caudwell (Croy) 61:58; 16. P. Yarlett (Croy) 62:15; 17. J. Cock (E&E) 62:18; 18. B. Lennox (Croy) 62:26; 19. J. O'Byrne (Croy) 63:02; 20. M. Hindle (E&E) 63:06; 21. D. Funnell (E&E) 63:06; 22. R. Radley (ESH) 63:12; 23. W. Moon (Ox) 63:21; 24. R. Cliff (E&E) 63:28; 25. J. Phelan (Herm) 64:09; 26. R. Dickson (Croy) 64:20; 27. B. Hicks (Met P) 64:32; 28. M. Coventry (Mit) 65:29; 29. P. Smith (E&E) 65:34; 30. I. McKenzie (Met P) 65:39. **Teams:** 1, Cardiff 11; 2, Croydon 22; 3, Epsom & Ewell 33; 4, Walton 33; 5, Croydon 'B' 34; 6, Oxford City 50; 7, Epsom & Ewell 'B' 62; 8, Mitcham 75; 9, Epsom & Ewell 'C' 92. **Vets:** Epsom & Ewell 6.

'ROUND THE BRIDGES' ROAD RACES

At Musselburgh, November 10th

Youths 'Brunton Cup' 3x2000 Relay

1. Springburn (J. Fleming 5:58, W. Paterson 6:09, T. Patterson 6:08) 18:15;
2. Monkland (J. Turley 6:23, D. Watson 6:05, J. Burns 5:55) 18:23;
3. Law & Dist (H. Forgie 5:58, B. Nelson 6:31, K. McCartney 6:00) 18:29;
4. Edinburgh 18:50; 5. Shettleston 18:58; 6. Geo Herriot's 19:28; 7. Edinburgh Southern 19:49; 8. Edinburgh 'B' 20:04; 9. Fettes College 20:33; 10. Fettes College 'B' 20:45; 11. Geo Herriot's 'B' 21:03; 12. Bellshill YMCA 21:22; 13. Polbeth 21:38; 14. Fettes College 'C' 21:59. **Fastest:** Burns 5:55; Fleming & Forgie 5:58; McCartney 6:00; N. Muir (Shett) 6:02; Watson

6:05; T. Patterson 6:08; W. Patterson 6:09; J. Scott (Edin) 6:12; S. Walters (Edin) & K. McKenzie (Shett) 6:13.

Senior Boys 'Luca Trophy' 3x2000 Relay

1, Springburn (D. McLeod 6:26, A. Sprang 6:48, T. Murray 6:13) 19:27;
2, Edinburgh (T. Cole 6:27, N. Jones 6:26, M. Wilson 6:37) 19:30;
3, Clydesdale (P. Jack 6:23, J. Martin 6:28, J. McKain 6:44) 19:35;
4, Grangemouth Oly 20:30; 5, Polbeth 20:33;
6, Edinburgh 'B' 20:36; 7, Shettleston 20:47; 8, Monkland 21:03; 9, Bellshill YMCA 21:13; 10, Geo Herriot's Sch 21:14; 11, Penicuik 21:21; 12, Edinburgh 'C' 21:27; 13, Cambuslang 21:48; 14, Monkland 'B' 21:52; 15, Edinburgh 'D' 22:01.
Fastest: Murray 6:13; D. Innes (Pol) 6:19; T. Young (Grange) 6:20; Jack 6:23; McLeod & N. Jones 6:26; Cole & A. Stang (W of Scot) 6:27; Martin 6:28; Wilson & D. Hendry (Cupar) 6:37.

Junior Boys 2000m Team Race

1, C. Hume (Tev) 6:36; 2, A. Bryce (Grange) 6:41; 3, G. Millar (St Col) 6:54; 4, G. Murray (Polb) 6:55; 5, E. Martin (Shett) 6:56; 6, G. Williamson (Spring) 6:57; 7, M. Veitch (Tev) 6:58; 8, S. Wilkinson (Tev) 7:00; 9, G. Sinclair (Spring) 7:01; 10, M. Hamilton (Spring) 7:03; 11, J. Young (Law) 7:04; 12, K. Harkness (ESH) 7:06; 13, R. McCallum (Falk) 7:06; 14, J. Anderson (Lesma) 7:08; 15, A. J. Taylor (Ken) 7:09; 16, D. Gibson (Falk) 7:10; 17, I. Pentecost (Falk) 7:13; 18, P. Finlay (Grange) 7:13; 19, B. Neilson (Tev) 7:13; 20, P. Mangan (Kend) 7:14. **Teams:** 1, Teviotdale 16; 2, Springburn 25; 3, Grangemouth Oly 42; 4, Falkirk 46; 5, Kendal 68; 6, St Columba's 70; 7, Teviotdale 'B' 72; 8, Polbeth 84; 9, Cupar & Dist 97; 10, Law & Dist 105.

Colts 1600m Team Race

1, Todd (Falk) 5:21; 2, A. Little (Pol) 5:25; 3, T. Morrison (EAC) 5:29; 4, G. Piercy (Polb) 5:31; 5, A. Frame (Lesma) 5:32; 6, G. Sinclair (Spring) 5:35; 7, J. Welsh (Grange) 5:36; 8, K. Bryce (Law) 5:37; 9, R. Lake (Falk) 5:38; 10, D. Aitken (Pent) 5:38; 11, E. Fyfe (Lesma) 5:38; 12, A. Clarke (EAC) 5:40; 13, P. Hume (Teviot) 5:43; 14, A. Kinloch (Monk) 5:46; 15, A. Lauder (Tev) 5:46. **Teams:** 1, Polbeth 35; 2, Lesmahagsw 49; 3, Falkirk 54; 4, Edinburgh 'B' 56; 5, Springburn 62; 6, Clydesdale 73; 7, Teviotdale 82; 8, Pentland 87; 9, Edinburgh 'A' 88; 10, Livingston 96.

Senior Women's 4000m Team Race

1, M. O'Boyle (Vic P) 14:15; 2, P. Gunstone (DHH) 15:13; 3, E. Brown (Dunf Coll) 15:35; 4, B. Lyall (ESH) 15:43; 5, M. Brown (Hough) 16:15; 6, N. Campbell (Lewis) 16:06; 7, N. O'Boyle (Vic P) 16:19; 8, S. Hani (EAC) 16:30; 9, G. Clapperton (ESH) 16:43; 10, M. Pool (EAC) 16:55. **Teams** (Bridges Trophy): 1, Victoria Park 24; 2, Edinburgh 32; 3, Dunfermline Coll of PE 38.

Inters 2000m Team Race

1, P. Gunstone (Dun H) 7:01; 2, F. Wishart (NSP) 7:11; 3, S. Smith (NSP) 7:24; 4, P. Fish

(NSP) 7:35; 5, A. Robertson (Grange) 7:45; 6, L. Kerr (EAC) 7:46; 7, C. Hutton (Law) 7:49. **Teams:** 1, North Shields Poly 9; 2, Edinburgh 25.

Junior Girls 2000 Team Race

1, K. Robinson (Pit) 6:50; 2, K. Williams (Pit) 7:03; 3, A. Lind (EAC) 7:05; 4, F. McKenzie (Pit) 7:15; 5, J. Groundwater (EAC) 7:32; 6, S. Livingstone (Pit) 7:33; 7, L. Roy (Vic Pk) 7:38; 8, J. Eagleshaw (ESH) 7:41; 9, K. Anderson (Tev) 7:42; 10, D. Wilson (ESH) 7:49; 11, L. Green (Tev) 7:50; 12, J. Leyland (ESH) 7:51; 13, A. Clarkson (ESH) 7:52; 14, L. Wait (EAC) 7:53; 15, L. Clark (Tev) 7:55. **Teams:** 1, Pitreavie 7; 2, Edinburgh 22; 3, Edinburgh Southern 30; 4, Teviotdale 35; 5, Law & Dist 73; 6, Cupar & Dist 97; 7, Monkland 104; 8, Polbeth 107; 9, Law & Dist 'B' 119; 10, Monkland 'B' 139.

Minor Girls 1600 Team Race

1, F. Nixon (Grange) 5:15; 2, L. Johnstone (EAC) 5:22; 3, D. Williamson (Pit) 5:53; 4, L. Baillie (ESH) 5:36; 5, K. Swinney (ESH) 5:37; 6, V. Hutton (EAC) 5:45; 7, D. Wallace (Kend) 5:47; 8, A. Butler (Bell) 5:51; 9, S. Mackay (Bells) 5:51; 10, E. Leyland (ESH) 5:52; 11, J. Carmichael (ESH) 5:53; 12, J. Purdie (Law) 5:53; 13, M. Melville (Law) 5:54; 14, J. Oldham (Kend) 5:54; 15, I. Brown (ESH) 5:55. **Teams:** 1, Edinburgh Southern 19; 2, Edinburgh 40; 3, Bellshill 49; 4, Kendal 52; 5, Edinburgh Southern 'B' 53; 6, Law & Dist 53; 7, Polbeth 89; 8, Monkland 107; 9, Kendal 'B' 108; 10, Penicuik 124.

JOHN TARRANT

John Tarrant underwent an operation to have his stomach removed a few days after it was diagnosed that he had cancer of the stomach. Vic Tarrant writes: "May I thank the 'AW' readers who kindly wrote to John wishing him well. We sat around his hospital bed reading the letters and they gave John and his wife, Edith, great comfort. Let us all hope that John makes a good recovery. His address: c/o Nell Gwynne Ward, County Hospital, Hereford."

John is renowned as a grand fighter, both as a runner and against what many consider was a personal injustice when he was barred from international competition. Now comes the most vital battle of his life and I know I speak for all 'AW' readers when I wish John the very best of luck at this anxious time.

Mel Watman

The 1974 Lincolnshire County CC Championships are being held at Grantham on Saturday, January 5th. Closing date, December 15th. Details from E. A. King, 42 Fairmont Crescent, Scunthorpe.

Mitcham AC officers: President, Miss L. Marsden; Secretary, J. McKenna, 4 Almond Avenue, Carshalton, Surrey; treasurer, L. Cooper.

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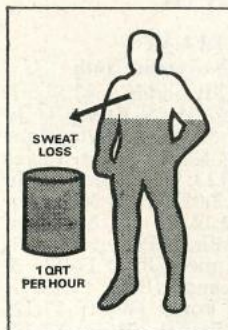
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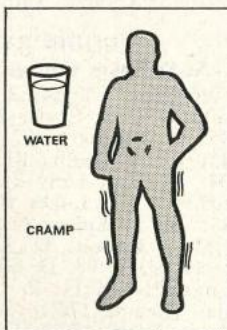
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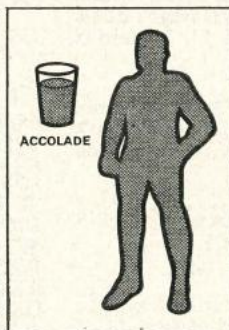
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Warm Welcome For Ian

IAN THOMPSON, unexpected winner of the recent British marathon championship, found a warm welcome awaiting him—perhaps too warm for his liking—when he turned out for Trinity and All Saints College, Horsforth, in the West Yorkshire League race at nearby Pudsey on November 17th. He was beaten into 15th place over an advertised six miles which turned out to be more than seven. The Luton athlete, who surprised Britain's top distance runners at Harlow three weeks earlier, finished half a mile behind the race winner, David Slater.

Steve Hollings, like Thompson bound for the Commonwealth Games, was down to sixth in the race over a muddy, undulating farmland course. It was left to John Temperton to give the Skyrac international a run for his money. But Slater—in England form—gave a hint of things to come by leaving the Airedale and Spen Valley runner some 200y from the finish.

Granville Beckett

1, D. Slater (Skyrac) 38:07; 2, J. Temperton (ASV) 38:12; 3, A. Spence (Bing) 38:48; 4, A. Reade (Wake) 39:19; 5, A. Bird (ASV) 39:31; 6, S. Hollings (Wake) 39:38; 7, B. Hilton (Leeds C) 39:44; 8, P. Rawnsley (Sheff U) 39:48; 9, E. Crosland (Holm) 39:51; 10, P. Moon (Hull Sp) 39:56; 11, J. Newsome (Wake) 40:11; 12, A. Buckley (Holm) 40:18; 13, P. Birks (Ripon) 40:31; 14, J. Longthorne (Brad GS) —; 15, I. Thompson (T&ASC) 40:45. **Teams:** 1, Airedale and Spen V 40; 2, Wakefield 44; 3, Holmfirth 81.

Boys/Youths

1, C. Hollingworth (Holm) 20:39; 2, B. Moxon (Wake) 20:47; 3, M. O'Connell (Long) 20:54. **Teams:** 1, Batley GS 48; 2, ASVAC 55; 3, Halifax 58.

Colts

1, S. Cahill (Leeds C) 14:57; 2, J. Metcalfe (Wake) 14:59; 3, R. Varney (Batley GS) 15:00. **Teams:** 1, Wakefield 28; 2, Leeds 34; 3, Longwood 60.

LIVERPOOL HARRIERS SANGSTER CUP RACE

At Woolton, November 10th

1, T. Quinn (St Mary's College) 16:59
2, L. George (Wade Deacon) 17:35
3, S. Butler (SFX College) 17:43
4, J. Parkinson (B'pool GS) 17:52; 5, J. Greenwood (Jnr Lead) 17:53; 6, C. Fennell (St Ed) 18:01; 7, D. Rigby (W Park GS) 18:06; 8, G. Currie (Wirral GS) 18:17; 9, F. Higgins (Jnr Lead) 18:23; 10, I. Smith (St Mary's Coll) 18:25; 11, I. Elliott (St Thomas AQ) 18:29; 12, P. Mitchell (B'pool GS) 18:30; 13, K. Nunn (Jnr Lead) 18:32; 14, P. Norman (St M Coll) 18:34; 15, A. Nelhams (Jnr Lead) 18:34. **Teams:** 1, Junior Leaders, Oswestry 42; 2, Blackpool GS 63; 3, St Mary's College 67; 4, West Park GS

99; 5, St Edwards Coll 102; 6, Anfield Comp 112.

Under 15—Booth Cup Race

1, S. Lynch (SFX Coll) 13:45; 2, K. Vose (St Thomas of Cant) 13:56; 3, K. Ainsworth (B'pool GS) 14:00; 4, S. Kennerley (Anf Comp) 14:10; 5, G. Nield (B'pool GS) 14:12; 6, R. Harrison (Know) 14:16; 7, S. Evans (Anf Comp) 14:22; 8, D. Calvert (W Park GS) 14:25; 9, E. Munro (St Ed Coll) 14:31; 10, K. Bowers (Anf Comp) 14:34. **Teams:** 1, Anfield Comp 36; 2, Blackpool GS 46; 3, St Edwards Coll 57; 4, St Anselm's Coll 93; 5, St Mary's Coll 123; 6, West Park GS 149.

Under 13—Liverpool H Trophy Race

1, A. Twizell (Anf Comp) 11:44; 2, F. Tilley (Anf Comp) 11:44; 3, H. Quinn (St Ans) 11:51; 4, D. Marland (St Ans) 11:59; 5, D. Corfield (St Ans) 12:01; 6, L. Lonorgan (Anf Comp) 12:06; 7, D. Galvin (St Ed) 12:10; 8, C. Coan (W Park) 12:14; 9, T. Hughes (St Ans) 12:16; 10, L. Street (Arun Comp) 12:22. **Teams:** 1, St Anselm's College 21; 2, Anfield Comp 22; 3, St Edwards Coll 67; 4, Caliday GS 132; 5, SFX Coll 141; 6, St Mary's Coll 175.

Under 12—Tryfan Trophy Race

1, C. Baylis (St Ans) 9:44; 2, P. Dunn (Bish Eat) 9:44; 3, D. Bartley (St Ed Coll) 9:53; 4, H. Johnson (Anf Comp) 9:56; 5, M. Jones 10:05; 6, W. Harrison (St Thom A) 10:07; 7, J. Ashcroft (St Mary's Coll) 10:08; 8, A. Ellison (An C) 10:09; 9, J. Kelly (W Park GS) 10:11; 10, D. Cotterell (Anf Comp) 10:14. **Teams:** 1, Anfield Comp 34; 2, St Edwards Coll 63; 3, St Anselm's 85; 4, Alsop's Comp 96; 5, West Park GS 97; 6, St Thomas Aquinas 104.

WOODBURY RELAY

At St Lukes College, November 10th

1, Westbury 1:47:54; 2, Plymouth 1:47:57; 3, Bristol 1:50:49; 4, Exeter 1:53:35; 5, Exeter Univ 1:54:45; 6, Westbury 'B' 1:55:36; 7, Lympstone 1:57:45; 8, Plymouth 'B' 1:57:55; 9, St Lukes 1:58:04; 10, Bath Univ 2:00:13; 11, Exeter Univ 'B' 2:03:54; 12, St Lukes 'B' 2:05:14; 13, Manadon 2:09:17; 14, St Lukes 'C' 2:12:51; 15, Manadon 'B' 2:13:17. **Fastest:** D. Collins (Ply) 16:34; B. Rutter (West) 17:08; D. Shermon (Bris) 17:09; A. Rowlings (Ply) 17:11; P. Lonnen (Bris) 17:13; J. Douglas (Lym) 17:21; B. Popel (West) 17:22; C. Ridley (West) 17:23; D. Francis (West) 17:29; G. Steed (Ex) 17:45.

Youths Race

1, P. Gaden (Oke) 17:22; 2, B. Langdon (W Corn) 17:33; 3, S. Meredith (W Corn) 17:45; 4, B. Knight (Oke) 18:01; 5, S. Anning (Ex) 18:21; 6, R. Smith (QES) 18:39; 7, N. Carter (St Bren) 18:44; 8, C. Webley (St Bren) 19:14; 9, P. McGrath (St Bren) 19:24; 10, S. Lee (Oke) 19:34. **Team:** 1, Okehampton Sch; 2, St Brendans Coll; 3, Exeter.

LEAGUE RACES

WESTWARD WINTER LEAGUE (Road Race)

At Plymouth, November 3rd

1, G. Steed (Exeter)	23:12
2, Meredith (Plymouth)	23:43
3, Milner (Plymouth)	23:52
4, A. Callender (St Lukes) 23:55; 5, Bojtler (Ply) 23:58; 6, M. Paine (Tor) 24:00; 7, I. McGill (Ply) 24:09; 8, R. Essery (Ply) 24:15; 9, C. Sowden (Tor) 24:19; 10, J. Kilsby (Ply) 24:30; 11, G. Seward (Ex) 24:41; 12, P. Barber (St L) 24:47; 13, J. Meakin (RNEC) 24:49; 14, R. Locke (Ply) 24:56; 15, W. Bailey (St L) 25:10; 16, I. Sneddon (Ex) 25:14; 17, C. Mills (Tor) 25:29; 18, Jones (Ply) 25:46; 19, R. Warne (RNEC) 26:02; 20, A. Matthews (Ex) 26:10. Teams: 1, Plymouth 480; 2, Exeter 431; 3, Torbay 428; 4, St Lukes 428; 5, Plymouth 'B' 412; 6, RNEC 302; 7, St Lukes 'B' 271; 8, Torbay 'B' 142; 9, Plymouth 'C' 140. Masters H'cap: 1, Honeychurch (6:03) 27:21; 2, Mills (3:30) 21:59.	

Youths

1, P. Gaden (Tor) 12:24; 2, B. Knight (Tor) 12:24; 3, R. Smith (Q Eliz) 12:39; 4, I. Deakin (Tor) 12:49; 5, J. Austin (Ply) 12:51; 6, S. Kidd (Q Eliz) 13:07; 7, D. Dymond (Ex) 13:58; 8, J. Zapple (Exm) 14:09; 9, A. Tarr (Q Eliz) 14:51; 10, S. Coleman (Aud Pk) 14:54. Teams: 1, Queen Elizabeth 372; 2, Audley Park 268; 3, Torbay 199; 4, Exeter 184; 5, Torquay 97; 6, Plymouth 96; 7, Exmouth 93.
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Boys

1, D. Cameron (Ex) 10:58; 2, K. Turton (Ply) 11:08; 3, K. Williams (Tiv) 11:18; 4, M. Todd (Ply) 11:49; 5, P. Cameron (Ex) 11:53; 6, M. Thomas (Torg) 12:08. Teams: 1, Plymouth 375; 2, Tiverton 357; 3, 59 Centre 260; 4, Q Elizabeth 250; 5, Plymouth 'B' 246; 6, Exeter 196; 7, Torquay 189; 8, Audley Park 169; 9, Tiverton 'B' 158.

Senior Women

1, R. Morrish (59 C) 14:03; 2, J. Rice (59) 15:15; 3, J. Wadhams (Ex) 15:39; 4, L. Spurrell (Ply) 16:41; 5, C. Binding (59) 17:53; 6, F. McRae (Ex) 19:53. Teams: 1, 59 Centre 295; 2, Exeter 193; 3, Plymouth 187; 4, Plymouth School 97.

Juniors

1, C. Venner (59 C) 12:43; 2, A. Mason (Ex) 13:01; 3, S. Murray (Ply) 13:07; 4, B. Wightman (Tor) 13:12; 5, E. Gemmel (Plym) 13:13; 6, C. Sutton (Ply) 13:34. Teams: 1, Plymouth 285; 2, Exeter 283; 3, Plymouth 'B' 267; 4, Plymouth 267; 5, Torbay 187; 6, Exeter 'B' 175; 7, 59 Centre 100.

Minor Girls

1, S. Lovemore (59 C) 7:22; 2, K. Davis (Tor)

7:36; 3, J. Opie (Ply) 7:43; 4, P. Montague (Ply) 7:43; 5, L. Hurrell (Ply) 7:43; 6, S. Behenna (Ply) 7:43. **Teams:** 1, Plymouth 291; 2, 59 Centre 287; 3, Plymouth 'B' 276; 4, 59 Centre 'B' 264; 5, Tiverton 177; 6, Q Elizabeth 170.

WILTS & BORDER RAF CC LEAGUE At RAF Brize Norton, November 7th

1, Hurd (Abing) 34:29; 2, Stanton (Hullav) 35:03; 3, Phillips (Hullav) 35:30; 4, Duggan (B Nort) 35:50; 5, Tonner (B Nort) 35:50; 6, Lee (B Nort) 36:53; 7, Brolly (Lock) 37:19; 8, Morris (Up) 37:25; 9, Potts (Lyne) 37:30; 10, Riley (Ben) 37:54; 11, Marson (Ben) 38:23; 12, Shrimpton (Bic-V) 38:43; 13, Issuree (B Nort) 38:43; 14, Newell (B Nort) 39:53; 15, Hardy (Bens-V) 39:58. Teams: 1, Brize Norton 216; 2, Hullavington 198; 3, Abingdon 173; 4, Brize Norton 'B' 161; 5, Benson 153; 6, Innsworth 106; 7, Lyneham 103; 8, Wroughton 101; 9, Locking 99; 10, Abingdon 'B' 67.

SOUTH EAST LANCS CROSS COUNTRY LEAGUE

At Horwich, November 10th

1, K. Peers (Leigh) 42:13; 2, J. McFarlane (Leigh) 45:52; 3, J. Prescott (Leigh) 43:06; 4, J. Cheetham (Old) 43:12; 5, L. Horlock (O&R) 44:09; 6, R. Findon (O&R) 44:19; 7, P. Schofield (Hor) 44:40; 8, S. Hunt (Hor) 45:06; 9, W. Hurst (Leigh) 45:46; 10, A. Gale (Farn) 45:47. Teams: 1, Leigh 15; 2, Oldham & Royton 26; 3, Horwich 47.

Youths

1, E. Williams (Farn) 25:47; 2, A. Jackson (Farn) 25:17; 3, G. Helme (Leigh) 26:33; 4, J. Jinks (O&R) 26:37; 5, D. Stansfield (O&R) 29:16; 6, S. Uttley (O&R) 30:39. Team: Oldham & Royton 15.

Boys

1, A. Harratt (O&R) 7:49; 2, J. Calland (Leigh) 7:56; 3, N. Jepson (O&R) 8:09. Teams: 1, Oldham & Royton 8; 2, Leigh 18.

Colts

1, P. Buckley (O&R) 9:57; 2, S. Barratt (O&R) 10:30; 3, M. Edwards (O&R) 10:52.

METROPOLITAN CROSS COUNTRY LEAGUE

At Welwyn Garden City, November 17th

1, J. Davies (Thames Valley)	25:07
2, H. Starkey (Shaftesbury)	25:25
3, R. Donkin (Ealing & Southall)	26:09
4, M. Barratt (E&S-V) 26:12; 5, D. Patterson (TVH) 26:15; 6, R. Davies (Ver) 26:16; 7, M. Puddifoot (TVH) 26:17; 8, G. Ogden (High) 26:20; 9, G. Galvin (Hill) 26:28; 10, G. Dugdale (TVH) 26:34; 11, D. Davies (TVH) 26:42; 12, R. Leem-Bruggen (W Gn) 26:52; 13, J. Steed (Ver) 26:55; 14, R. Slowe (High) 26:56; 15, J. Dryden (Shaft) 26:57; 16, M. Webb (W Gn) 27:01; 17, P. Beacham (Poly) 27:03; 18, M. Davies (TVH) 27:04; 19, J. McNamara (TVH)	

27:06; 20, D. Chapman (W Gn) 27:15; 21, N. King (L Irish) 27:23; 22, R. Bell (High) 27:28; 23, G. Brown (Ver-V) 27:32; 24, H. Artiss (Ver) 27:33; 25, M. Dixon (Ver) 27:34; 26, D. Catlin (TVH) 27:35; 27, D. Yaffe (High) 27:36; 28, D. McAlister (High) 27:36; 29, G. Hallett (Hill) 27:40; 30, P. Chivers (E&S) 27:44; 31, M. Emms (W Gn) 27:45; 32, G. Goodman (TVH) 27:48; 33, A. Mineyko (Poly) 27:51; 34, G. Sillitoe (Shaft) 27:51; 35, C. Reed (W Gn) 27:55; 36, M. Herring (Ilf) 28:02; 37, A. Ross (Ver) 28:08; 38, J. Batchelor (Ilf) 28:11; 39, B. Meadows (Ilf) 28:17; 40, R. Macey (Ver) 28:20; 41, D. Canton (E&S) 28:25; 42, F. Bontoft (Ilf) 28:27; 43, D. Case (E&S) 28:28; 44, D. Gooding (High) 28:30; 45, T. Phipps (Ver) 28:31; 46, G. Stewart (Ilf) 28:32; 47, G. Harrison (High-V) 28:35; 48, P. Williams (Ver) 28:44; 49, G. Arnell (Shaft) 23:47; 50, D. Huffer (TVH) 28:51. **Teams:** 1, Thames Valley 1879; 2, Verlea 1739; 3, Highgate 1663; 4, Ilford 1456; 5, Shaftesbury 1361; 6, Ealing & Southall 1298; 7, Woodford Green 1254; 8, Hillingdon 1150; 9, Polytechnic 1148; 10, Verlea 'B' 1025. **Vets:** 1, Barratt 26:12; 2, Brown 27:32; 3, Harrison 28:35. **Teams:** 1, Verlea 31; 2, Highgate 36; 3, Hillingdon 53.

Youths/boys

1, P. Gronland (W Gn) 13:08; 2, M. O'Reilly (High) 13:18; 3, J. Broe (Shaft) 13:30; 4, D. Beaver (Poly) 13:41; 5, K. Barker (Ver) 13:48; 6, P. Collins (Shaft) 13:51; 7, L. Benjamin (Hill) 13:53; 8, B. Jackson (Ver) 13:54; 9, M. Partridge (Hill) 13:59; 10, P. Lewis (Hill) 14:08; 11, J. O'Brien (W Gn) 14:16; 12, P. Troughton (Poly) 14:17; 13, S. Hayward (W Gn) 14:19; 14, R. Rose (Hill) 14:21; 15, J. Pridham (TVH) 14:32; 16, N. Sydee (Shaft) 14:40; 17, M. Roberts (Shaft) 14:41; 18, J. Halford (Shaft) 14:51; 19, N. Johnstone (High) 14:56; 20, J. George (Ver) 14:57; 21, R. Gates (TVH) 14:57; 22, G. Knox (Hill) 14:59; 23, A. Budarkiewicz (Poly) 15:01; 24, I. Trayner (Shaft) 15:04; 25, K. Hadman (Hill) 15:05. **Teams:** 1, Hillingdon 252; 2, Shaftesbury 250; 3, Woodford Green 236; 4, Verlea 230; 5, Polytechnic 208; 6, Thames Valley 200.

Colts

1, T. Nugara (TVH) 10:40; 2, J. Randall (Ver) 10:43; 3, S. Jeffery (TVH) 10:44; 4, R. Smith (Ver) 10:45; 5, G. Creasey (Ver) 10:50; 6, M. Catlin (Ver) 10:59; 7, J. Baker (Hill) 11:06; 8, G. Gladwell (Hill) 11:07; 9, B. Budd (Ver) 11:08; 10, L. Starkey (Shaft) 11:17; 11, A. Hughes (Shaft) 11:18; 12, J. Brench (Ver) 11:25; 13, A. Edgeworth (Hill) 11:26; 14, P. Barratt (E&S) 11:27; 15, F. Mooney (Shaft) 11:31; 16, P. Ayrey (Ver) 11:36; 17, A. McBain (TVH) 11:48; 18, C. Privett (Shaft) 11:51; 19, A. Cunningham (Shaft) 11:53; 20, K. Crook (TVH) 11:57; 21, P. Stockings (W Gn) 12:02; 22, M. Donnellan (Lon I) 12:04; 23, T. Fanning (Lon I) 12:05; 24, G. Donnellan (Lon I) 12:05; 25, M. Sydee (Shaft) 12:05. **Teams:** 1, Verlea 239; 2, Thames Valley 211; 3, Shaftesbury 202; 4, Verlea 191; 5, Hillingdon 185; 6, Shaftesbury 'B' 159.

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RED ROSE LEAGUE**At Rochdale, November 17th**

1, G. Jordan (Rochdale)	25:02
2, J. Harrison (Bolton)	25:08
3, S. Kenyon (Bolton)	25:12
4, A. Byrne (Bolt) 25:35; 5, K. Darlow (Bolt) 25:35; 6, R. Hill (Bolt) 25:44; 7, C. Robinson (Roch) 25:52; 8, I. Partington (Ross) 25:54; 9, N. Ward (Bolt) 26:03; 10, R. Rawlinson (Ross) 26:12; 11, J. Carrol (Pilk) 26:20; 12, K. Mayor (Bolt) 26:25; 13, G. Entwistle (Bolt) 27:01; 14, T. Proctor (Roch) 27:11; 15, J. Salt (Roch) 27:16; 16, V. Regan (Bolt) 27:37; 17, R. Dunn (Bury) 27:41; 18, R. Chaisty (Bury) 27:59; 19, D. Hartley (Ross) 28:10; 20, D. Waller (Ross) 28:13; 21, T. Smythe (Roch) 28:17; 22, T. Parr (Bolt) 28:28; 23, C. Taylor (Roch) 29:19; 24, D. Ashton (Bolt) 29:33; 25, R. Meadowcroft (Bolt) 29:35. Teams: 1, Bolton 29; 2, Rochdale 81; 3, Rossendale 126; 4, Bury 145; 5, Pilkingtons 246.	

Youths

1, K. Shore (Ind) 13:48; 2, D. Ratcliffe (Ross) 13:54; 3, L. George (Pilk) 14:05; 4, B. Murphy (Pilk) 14:06; 5, — (Ind) 14:17; 6, — (Ind) 14:23; 7, R. Patel (Bolt) 13:28; 8, P. Duncon (Bolt) 15:26; 9, J. Calverley (Ross) 16:08; 10, P. Lynch (Ross) 16:43. Teams: 1, Pilkingtons 24; 2, Bolton 35; 3, Rossendale 36; 4, Bury 44; 5, Rochdale 44.

Boys

1, S. Callon (Bolt) 9:48; 2, S. Fairclough (Ross) 9:59; 3, C. Campbell (Bolt) 10:08; 4, A. Cothliffe (Ross) 10:12; 5, T. Ashworth (Ross) 10:14; 6, P. Turner (Bolt) 10:15; 7, D. Shepard (Pilk) 10:18; 8, P. Taylor (Ross) 10:20; 9, M. Crankshaw (Bury) 10:23; 10, S. Anders (Pilk) 10:36. Teams: 1, Rossendale 46; 2, Bolton 58; 3, Pilkingtons 94.
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Colts

1, P. Livesey (Ross) 7:33; 2, N. Aspinall (Ross) 7:37; 3, A. Dearden (Bolt) 7:41; 4, M. Taylor (Bury) 7:45; 5, D. Cole (Bury) 7:47; 6, J. Conroy (Bury) 7:48; 7, I. Oldroyd (Bury) 7:55; 8, P. Dixon (Ross) 7:56; 9, M. Ratcliffe (Ross) 7:57; 10, W. Dixon (Ross) 7:59. Teams: 1, Rossendale 12; 2, Bury 61; 3, Bolton 95.
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NORTH STAFFORDSHIRE LEAGUE**At Winsford, November 17th**

1, R. Fowler (Stoke)	24:29
2, D. Ashe (Stoke)	25:06
3, R. Morris (Winsford)	25:06
4, G. Harvey (Stoke) 25:09; 5, K. Bowers (N'castle) 25:47; 6, P. Goodfellow (ICL) 25:48; 7, A. Walker (Mich) 25:53; 8, P. Whiteman (Stoke) 25:54; 9, J. Haywood (Als) 25:55; 10, M. Phillips (Staff) 25:56; 11, B. Bowler (New) 26:00; 12, A. Lee (Staff) 26:04; 13, J. Ellus (Als) 26:05; 14, A. Mountford (Stoke) 26:06; 15, G. Rhodes (Staff) 26:07; 16, N. Jackson (New) 26:16; 17, K. Bartlam (Mich) 26:17; 18, M. Mountford (Staff) 26:20; 19, R. Edwards (ICL) 26:26; 20, C. Taylor (New) 26:33; 21, P. Larkin	

(New) 26:41; 22, J. McKie (New) 26:43; 23, M. Sutton (Staff) 26:48; 24, S. Chabowski (Staff) 26:48; 25, J. Davies (New) 26:56. **Teams:** 1, Stoke 15; 2, Newcastle 52; 3, Stafford 55; 4, Alsager 80; 5, Michelin 85; 6, Winsford 107; 7, Keele 155.

Youths

1, S. Fowler (Stoke) 19:55; 2, P. Ryder (Stoke) 20:10; 3, D. Carey (Staff) 20:33; 4, Weetman (St Jos) 21:39; 5, Dawes (New) 22:20; 6, B. Smith (St Jos) 22:31; 7, Darby (New) 22:49; 8, Elliott (St Jos) 23:48; 9, M. Smith (St Jos) 23:49. Team: St Josephs 27.

MANCHESTER LEAGUE**At Wythenshawe Park, November 17th**

1, R. Wilde (Manchester & Dist)	29:55
2, J. Norman (Altrincham & Dist)	30:09
3, D. Blakeley (Manchester & Dist)	30:20
4, M. Newport (Man Un)	30:26
5, F. Pendlebury (Man & Dist)	30:31
6, D. Farmer (Sale)	30:33
7, G. Barber (Man)	30:40
8, C. Leigh (Salf)	30:44
9, P. Keane (Sale)	30:51
10, K. Breeze (Sale)	31:02
11, N. Carrington (Sale)	31:04
12, P. Berry (E Chesh)	31:06
13, G. Plant (Man)	31:09
14, Oldham (Man)	31:10
15, W. Cooper (Man & Dist)	31:13
16, P. Shaw (Man)	31:16
17, S. Curran (Salf)	31:19
18, G. Lawson (Man & Dist)	31:23
19, M. Murphy (Salf)	31:28
20, T. Parker (Stret)	31:29
finished. Teams: 1, Manchester & Dist 66; 2, Sale 79; 3, Salford 146; 4, Manchester AC 152; 5, Man & Dist 'B' 205; 6, Sale 'B' 238; 7, Stretford 257; 8, East Cheshire 273; 9, Manchester Univ 319; 10, Manchester YMCA 384.	

Junior/Youths

1, Paul Gaytor (Sale) 21:03; 2, K. Harrison (Stret) 21:25; 3, J. O'Brien (Man) 21:26; 4, M. Nolan (Man) 21:29; 5, Phil Gaytor (Sale) 21:39; 6, M. Belcher (Sale) 21:47. Teams: 1, Sale 12; 2, Manchester 17; 3, Sale 'B' 27.

Boys

1, L. Parker (Sale) 10:29; 2, M. Lavelle (Sale) 10:36; 3, K. Frost (E Chesh) 10:37; 4, B. Eden (Man) 10:38; 5, Phillips (Man) 10:40; 6, Northrop (Man) 10:42; 7, C. O'Brien (Sale) 10:50; 8, M. Tighe (Sale) 10:51; 9, D. Smith (Man) 10:52; 10, G. Broster (Man) 10:54. Teams: 1, Sale 18; 2, Manchester 24; 3, Sale 'B' 78.
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HILLINGDON CLUB HISTORY

An attempt is being made to bring together the history of Hillingdon AC with the aim of producing a book. Therefore, anyone who holds records of Hillingdon AC or of the clubs which amalgamated to form Hillingdon, i.e. Finchley Harriers, Ruislip and Northwood or Hayes AC, and would be willing to either give up these records or allow them to be borrowed in order to help this project, please contact: Alan Chidley, 9 Conway Gardens, Wembley, Middx. HA9 8TR. (Tel: 904 7813).

Young Athletes' Results

STAFFORDSHIRE SCHOOLS CROSS COUNTRY CHAMPIONSHIPS

At Wolverhampton, November 3rd

Senior Boys

1. L. Peck (Walsall) 27:36
2. M. J. Bishop (Stafford) 27:46
3. S. Emson (West Bromwich) 28:38
4. R. Ross (N'castle) 28:46; 5. B. Silverstone (Cann) 29:00; 6. M. Wheatman (Stoke) 29:47; 7. K. Sammonds (Wolver) 30:07; 8. S. Gould (Wal) 30:15; 9. K. Harper (Stoke) 30:28; 10. M. Day (Staff) 30:59; 11. Crosthwaite (SE Staffs) 31:03; 12. S. Wilson (SES) 31:09; 13. P. Taylor (SES) 31:09; 14. B. Smith (Stoke) 31:29; 15. Florokowski (Wal) 31:38. **Teams:** 1, Walsall 41; 2, Stoke 45; 3, SE Staffs 55.

Inter Boys

1. S. Kendall (Dud) 21:42; 2. A. Hupperdine (Wol) 22:40; 3. C. Marley (Staff) 22:47; 4. D. Worrall (Wol) 22:53; 5. D. Leech (Stoke) 22:53; 6. K. Dutton (N'castle) 22:57; 7. A. Ratcliffe (Wol) 23:08; 8. S. Shobottom (Stoke) 23:14; 9. G. Nicklin (New) 23:20; 10. T. Milsorov (Wol) 23:22; 11. G. Everiss (Wol) 23:24; 12. S. Talbot (Stoke) 23:30; 13. A. Meigh (Stoke) 23:31; 14. D. Walker (Wol) 23:32; 15. Fisher (Dud) 23:32. **Teams:** 1, Wolverhampton 48; 2, Stoke 80; 3, Dudley 174; 4, Stafford 186; 5, Newcastle 189; 6, Cannock 219; 7, Walsall 274; 8, Aldridge 285; 9, SE Staffs 296; 10, Burton 385.

Junior Boys

1. N. Drew (Stoke) 17:19; 2. K. Hargreaves (Stoke) 17:21; 3. Price (Wol) 17:33; 4. C. Smith (New) 17:35; 5. Garbett (Dud) 17:39; 6. J. Wheatman (Stoke) 17:40; 7. A. Smith (Stoke) 17:52; 8. Cunningham (Wol) 17:53; 9. E. Stimpson (Staff) 17:54; 10. Pearce (Wol) 17:55; 11. Grant (Wol) 18:01; 12. J. Morris (Cann) 18:02; 13. N. Sharpe (AB) 18:04; 14. Walsh (Wol) 18:06; 15. K. Bird (Stoke) 18:07. **Teams:** 1, Stoke 54; 2, Wolverhampton 65; 3, Stafford 154; 4, Dudley 206; 5, Aldridge 224; 6, Walsall 225; 7, Newcastle 237; 8, Cannock 240; 9, SE Staffs 373; 10, Burton 415.

Senior Girls

1. P. Davis (Wol) 12:16; 2. A. Wooton (Stoke) 12:20; 3. A. Davis (Wol) 13:40; 4. S. Mason (Staff) 14:50; 5. S. Cotton (Stoke) 15:08; 6. R. Thorneycroft (Stoke) 15:13; 7. S. Fisher (AB) 15:50; 8. S. Platt (AB) 16:06; 9. K. Smith (AB) 16:27; 10. D. Elsmore (Staff) 16:32. **Team:** Stoke 24.

Interiors

1. P. Kemp (Stoke) 11:30; 2. K. Kenny (Cann) 11:42; 3. S. Parker (AB) 11:44; 4. H. Purton (Stoke) 11:56; 5. H. McKinnon (Stoke) 12:04; 6. J. McDermott (Staff) 12:05; 7. S. Walton (Stoke) 12:12; 8. A. Smith (Staff) 12:20; 9. C.

- Payne (Stoke) 12:21; 10. E. Ridge (Stoke) 12:31; 11. M. Moorhouse (Staff) 12:33; 12. A. Edge (Staff) 12:39; 13. K. Boote (Stoke) 13:00; 14. J. Hammond (Cann) 13:19; 15. S. Capey (N'castle) 13:20; 16. C. Edwards (Staff) 12:39; 17. D. Tennant (Wal) 13:32; 18. J. Tansey (Stoke) 13:33; 19. L. Slater (Burton) 13:39; 20. J. Jones (N'castle) 13:47. **Teams:** 1, Stoke 36; 2, Stafford 81; 3, Cannock 151; 4, Newcastle 161; 5, Aldridge 187; 6, Walsall 240.

Juniors

1. G. Perry (Stoke) 10:17; 2. E. Harris (Staff) 10:20; 3. J. Harris (Wol) 10:26; 4. V. Kelly (Stoke) 10:33; 5. J. Donovan (Staff) 10:37; 6. A. Bresford (Cann) 10:40; 7. G. Osbourne (Wol) 10:41; 8. S. Gledhill (Staff) 10:45; 9. G. Podmore (Stoke) 10:47; 10. S. Grant (Staff) 10:49; 11. S. Mayer (Stoke) 10:51; 12. S. Clewlow (Stoke) 10:51; 13. Y. Edwards (Staff) 10:52; 14. W. Plant (Stoke) 10:54; 15. Y. Roberts (Staff) 11:00; 16. L. Beech (Stoke) 11:01; 17. J. Dunn (AB) 11:02; 18. W. Dineen (N'castle) 11:03; 19. A. Waddell (Staff) 11:04; 20. J. Bates (Stoke) 11:06. **Teams:** 1, Stoke 51; 2, Stafford 53; 3, Cannock 189; 4, Newcastle 199; 5, Aldridge & Brownhills 216; 6, SE Staffs 232; 7, Burton 323; 8, Walsall 387.

HERNE HILL INTER-SCHOOLS CROSS COUNTRY RACES

At Brockwell Park, November 3rd

1. D. Purcell (St Joseph's) 23:50
2. D. Bright (Dulwich) 23:58
3. F. Barton (Beaufoy) 24:03
4. A. Orr (Raynes) 24:11; 5. P. De Giovanni (St Jos) 24:21; 6. A. Brown (Dul) 24:24; 7. M. Tomkins (Roan) 24:26; 8. R. Barrett (Stock) 24:27; 9. S. Smythe (Roan) 24:49; 10. J. Lawlor (Wall) 25:03; 11. T. Woods (West) 25:10; 12. M. Petrides (Raynes) 25:29; 13. G. Shine (Raynes) 25:29; 14. D. Wright (Raynes) 25:38; 15. T. Gardam (West) 25:39; 16. I. Mortimore (Roan) 25:43; 17. C. Taylor (Dun) 25:43; 18. R. Light (Dun) 25:51; 19. J. Miller (Wall) 25:55; 20. P. Kissi (Tulse) 26:07. **Teams:** 1, Raynes Park 43; 2, Roan 57; 3, Dulwich College 60; 4, Wallington 83; 5, Westminster 85; St Josephs 104; 7, Raynes Park 'B' 148.

Interiors (U/16)

1. S. Gilbey (Kings) 17:37; 2. J. Wilson (St Jos) 17:47; 3. P. Cressey (Dun) 18:12; 4. K. Diplock (Roan) 18:13; 5. T. Tracey (B Thos Grant) 18:14; 6. S. Mulcair (B Thos Grant) 18:48; 7. M. Huxley (Wall) 19:12; 8. B. Montgomery (Wall) 19:18; 9. S. Taylor (Raynes) 19:23; 10. N. Bourke (Dun) 19:24. **Teams:** 1, Roan 48; 2, Wallington 58; 3, Raynes Park 68; 4, Bishop Thos Grant 74; 5, Westminster 98; 6, St Josephs Coll 107; 7, Peckham Manor 120; 8, Ernest Bevin 141; 9, William Penn 149; 10, Henry Thornton 167.

Juniors (U/14)

1. T. Conlon (Bish T Grant) 12:52; 2. A. Wini-fred (Bish T Grant) 13:38; 3. J. Lynch (Bish T

Grant) 13:48; 4, P. Fisher (Bish T Grant) 13:56; 5, J. Corbett (Strand) 13:57; 6, S. Lane (St Jos) 14:00; 7, A. Frazer (W Penn) 14:04; 8, B. Barclay (Stock) 14:13; 9, M. Parchment (H Thornton) 14:13; 10, S. King (H. Thornton) 14:16. **Teams:** 1, Bishop Thos Grant 10; 2, William Penn 56; 3, Ernest Bevin 82; 4, Strand 98; 5, St Josephs Coll 101; 6, Stockwell Manor 117; 7, Henry Thornton 121; 8, William Penn 'B' 125; 9, Peckham Manor 133; 10, St Gerards 144.

YOUNG ATHLETES INTER-CLUB

At Maidstone, November 10th

Youths

1, S. Allen (Med) 14:54; 2, P. Kilsby (Thurr) 15:27; 3, D. Zelcher (B'heath) 15:54; 4, A. Jousiff (B'heath) 15:58; 5, R. Cooper (B'heath) 16:07; 6, S. Arber (Med) 16:40. **Teams:** 1, Thurrock 23; 2, Blackheath 28; 3, Medway 29; 4, East Kent 56.

Boys

1, E. Martin (Thurr) 14:02; 2, S. Baldry (Thurr) 14:57; 3, N. Abbott (Thurr) 16:30; 4, K. White (Med) 16:45; 5, G. Kilsby (Thurr) 16:50; 6, S. Groove (Med) 17:07. **Teams:** 1, Thurrock 12; 2, Medway 46.

Colts

1, C. White (Med) 11:39; 2, T. Smart (Thurr) 11:54; 3, J. Wightman (Dart) 13:05; 4, M. Ryam (Erith) 13:19; 5, C. Barker (Med) 13:20; 6, A. Foaks (Thurr) 13:24. **Teams:** 1, Thurrock 25; 2, Medway 25; 3, East Kent 60.

Minors

1, C. Hinse (Thurr) 13:11; 2, I. Robery (Thurr) 13:15; 3, D. Harrison (Thurr) 13:16; 4, D. Hinsley (E Kent) 13:17; 5, E. Mace (Erith) 13:18; 6, P. Barr (Thurr) 13:25. **Team:** 1, Thurrock 15; 2, Erith 56; 3, East Kent 81; 4, Medway 91; 5, Erith 'B' 95; 6, Erith 'D' 128; 7, Erith 'C' 140.

CARDIFF SCHOOLS CROSS COUNTRY CHAMPIONSHIPS

At Llanrumney, November 10th

Senior Boys O/15

1, A. Leek (Glynd); 2, H. Norman (St Illtyd); 3, eg A. Marchant & P. Bennett (Cant). **Teams:**

1, Cantonian 20; 2, Glynderw 34; 3, Bryn-y-don 67; 4, Cantonian 'B' 104.

Inter Boys U/15

1, K. Glastonbury (Whit); 2, A. Cummings (Glant); 3, P. Marchant (Cant). **Teams:** 1, Cantonian 29; 2, Glynderw 42; 3, Llanrumney 46; 4, Whitchurch 86; 5, Glantaf 92; 6, Glynderw 'B' 126.

Junior Boys U/13

1, M. Glastonbury (Whit); 2, C. Day (Glant); 3, M. Taylor (Illanr). **Teams:** 1, Glantaf 41; 2, Llanrumney 44; 3, Mostyn 67; 4, Glynderw 83; 5, Whitchurch 115; 6, Cantonian 118.

Senior Girls

1, A. Roblin (St C); 2, A. Cook (Card); 3, A. Cummings (Llanr). **Teams:** 1, Cantonian 29; 2, Lady Mary 59.

Inter Girls U/15

1, D. Pike (Whit); 2, B. Wilson (B Hann); 3, E. Steed (How). **Teams:** 1, Bishop Hannon 41; 2, Whitchurch 61; 3, Lady Mary 62; 4, Llanrumney 69; 5, Llanedeyrn 79; 6, Howells 128.

Junior Girls U/13

1, D. Lewis (Card); 2, S. Burd (Llaned); 3, C. Kearney (How). **Teams:** 1, Cardiff 37; 2, Llanedeyrn 38; 3, Howardian 52; 4, Whitchurch 63; 5, Bishop Hannon 82; 6, Cantonian 101.

LUTON UNITED BOYS' CROSS COUNTRY RELAY

At Luton, November 10th

1, Hillingdon (P. Rose 10:54, P. Lewis 10:41, K. Hadman 11:21, L. Benjamin 10:25) 43:21;
2, Thames Valley (J. Pridham 10:53, P. Baker 10:32, R. Gates 10:59, M. Bailey 11:21) 43:45;
3, Shaftesbury (G. Lewis 11:11, M. Roberts 11:37, P. Collins 10:28, P. Broaders 10:37) 43:53;
4, Lowestoft (S. Beardsley 11:14, G. High 11:06, D. Gee 11:18, P. Gee 10:27) 44:05;
5, Hercules Wimbledon (P. Reynolds 11:14, A. Pommet 11:21, P. Beagent 11:12, D. Coller 10:57) 44:07;
6, Hillingdon 'B' (K. Page 10:51, K. Seldon 11:48, P. Raven 11:28, G. Knox 11:42) 45:49;

continued on page 32

B.A.A.B. SUMMER SCHOOLS 1974—ADVANCE INFORMATION

Courses for Coaches will be held as follows:

LOUGHBOROUGH 21st to 31st JULY, 1974

- (a) Advanced Athletics—Senior Award level.
(b) Teaching Athletics—Asst. Club/Club Coach level.
Fee for each Course will be £41.50.

LILLESHELL 24th to 31st August, 1974

For Practising Club Coaches. Fee £22.

More details of these Courses will be notified early in the New Year. They will follow the same pattern as previous years including the recently introduced facility for taking the appropriate examinations.

LEADING COMMONWEALTH CONTENDERS

This list, compiled by Stan Greenberg, shows the top performances in 1973 by athletes selected for or likely to be competing at the Commonwealth

Games. Final, deep best performer lists will be published in our Commonwealth Games preview issue of January 19th.

100 METRES

- (*100y time plus 0.9)
 10.0*w Quarrie (Jamaica) (10.2)
 10.1 Crawford (Trinidad)
 10.1 Haskell (Australia)
 10.1*w Lawson (Jamaica) (10.2*)
 10.1*w Brathwaite (Trinidad)
 10.1*w Stewart (Jamaica)

200 METRES

- (*220y time less 0.1)
 19.8*w Lawson (Jamaica) (20.1*)
 20.1 Quarrie (Jamaica)
 20.6 Reid (Trinidad)
 20.7 MONK (ENGLAND)
 20.7 JENKINS (SCOTLAND*)
 20.7*w Rowe (Jamaica) (20.8*)

400 METRES

- (*440y time less 0.3)
 45.2 JENKINS (SCOTLAND)
 45.7* Rowe (Jamaica)
 45.8 Musyoki (Kenya)
 45.9 Asati (Kenya)
 45.9* Sang (Kenya)
 46.2* Sowerby (Antigua)

800 METRES

- 1:45.1 CARTER (ENGLAND)
 1:45.2 Boit (Kenya)
 1:45.3 Silei (Kenya)
 1:45.4 Hooker (Australia)
 1:45.7 Dyce (Jamaica)
 1:46.2 BROWNE (ENGLAND)

1500 METRES

- (*mile time less 18.0)
 3:34.0* Jipcho (Kenya) (3:36.6)
 3:34.6 Bayi (Tanzania)
 3:37.3 Dixon (New Zealand)
 3:37.4 Quax (New Zealand)
 3:37.6 Boit (Kenya)
 3:38.0 Walker (New Zealand)

500 METRES

- (*3M time plus 28.0)
 13:18.8 Quax (New Zealand)
 13:23.2 Mose (Kenya)
 13:23.8 FOSTER (ENGLAND)
 13:24.6 BLACK (ENGLAND)
 13:30.0 Jipcho (Kenya)
 13:30.8 I. STEWART (SCOTLAND)

10,000 METRES

- (*6M time plus 60.0)
 27:30.8 BEDFORD (ENGLAND)
 27:55.6 BLACK (ENGLAND)
 28:01.6 SIMMONS (ENGLAND)
 28:10.0 Juma (Kenya)
 28:16.4 Mose (Kenya)
 28:19.8 L. STEWART (SCOTLAND)

MARATHON

- 2:11:12.6 Farrington (Australia)
 2:12:07.6 Clayton (Australia)
 2:12:40.0 THOMPSON (ENGLAND)
 2:13:22.0 HILL (ENGLAND)
 2:13:27.0 Drayton (Canada)
 2:13:30.0 Armstrong (Canada)

3000 METRES STEEPLECHASE

- 8:14.0 Jipcho (Kenya)
 8:24.0 Mogaka (Kenya)
 8:26.6 BICOURT (ENGLAND)
 8:27.8 HOLLINGS (ENGLAND)
 8:28.0 DAVIES (WALES)
 8:29.0 Hendy (Australia)
 8:29.0 Dixon (New Zealand)

110 METRES HURDLES

- 13.5 PRICE (WALES)
 13.5 Smith (Bahamas)
 13.6 Murray (Jamaica)
 13.6 Kimaiyo (Kenya)

- 13.7 Parr (Australia)
 13.7w Ngeno (Kenya) (13.8)

400 METRES HURDLES

- 48.5 Akii-Bua (Uganda)
 49.5 PASCOE (ENGLAND)
 49.5 Koskei (Kenya)
 50.2 Ayoo (Uganda)
 50.4 Kimaiyo (Kenya)
 50.5 HARTLEY (ENGLAND)

HIGH JUMP

- 2.24 Beers (Canada)
 2.21i Ferragne (Canada) (2.16)
 2.18 Hawkins (Canada)
 2.16 Peckham (Australia)
 2.14 Windeyer (Australia)
 2.12 Hamid (Singapore)
 i—indoor mark

POLE VAULT

- 5.33 Baird (Australia)
 5.25 BULL (N. IRELAND)
 5.16 HOOPER (ENGLAND)
 5.12 Boyd (Australia)
 4.70 LEASE (WALES)

LONG JUMP

- 8.02 C. Commons (Australia)
 8.00w Owusu (Ghana) (7.82)
 7.95w LERWILL (ENG) (7.93)
 7.92 Adams (Ghana)
 7.91w Tolbert (Australia)
 7.86w Delamere (New Zealand)

TRIPLE JUMP

- 16.59 McGrath (Australia)
 16.27 D. Commons (Australia)
 16.26 Munabi (Uganda)
 16.20 May (Australia)
 16.15 Owusu (Ghana)
 16.09 Pomane (Ghana)

SHOT

- 20.47 CAPES (ENGLAND)
 19.65 WINCH (ENGLAND)

ESSEX BEAGLES

proudly present

THE PHIL EVERARD MEMORIAL WALKS

(Team and Individual)

AT CHIGWELL ROW, ESSEX

Saturday, January 5th (start 2 p.m.)

Age Groups: Youth & Junior 3½ Miles; Boys 1½ Miles (ages as AAA Laws); Ladies (Under 15 and Over 15 on 1.9.73) 1½ Miles. Six to walk, four to score.

Entries (15p, no team fee) to D. Cremin, 433 Lodge Avenue, Dagenham, Essex, by 31st December.

IMPORTANT...

NOS GALAN ENTRIES CLOSE

on

TUESDAY, 11th DECEMBER

The Newport to Tredegar 22 miles race is now on **December 15th** not 22nd and the Tredegar Evening races at **8 p.m. on Friday, Dec 21st** not Tuesday, 24th as advertised.
Fees: 25p per event, to Bernard Baldwin, 9 Campbell Terrace, Mountain Ash, Glamorgan. (Tel: 2365).

19.19 Pirnie (Canada)
 19.18 Dolegiewicz (Canada)
 18.50 Tait (New Zealand)
 18.41 W. TANCRED
 (ENGLAND)

DISCUS
 63.98 W. TANCRED
 (ENGLAND)

60.10 Tait (New Zealand)
 59.22 Roost (Canada)
 58.76 HILLIER (ENGLAND)
 58.34 CAPES (ENGLAND)
 57.68 Dolegiewicz (Canada)

HAMMER
 71.26 WILLIAMS (ENGLAND)
 70.28 CHIPCHASE
 (ENGLAND)

69.70 Farmer (Australia)
 69.42 PAYNE (ENGLAND)
 64.80 BLACK (SCOTLAND)
 62.78 Ajmer Singh (India)

JAVELIN
 81.06 TRAVIS (ENGLAND)
 79.50 Claude (Canada)
 77.68 Dowsell (Canada)
 77.68 CLOVER (ENGLAND)
 76.58 ROBERTS (ENGLAND)
 75.84 Laville (Dominica)

DECATHLON
 7401 McCALLUM
 (SCOTLAND)
 7336 KIDNER (SCOTLAND)
 7119 KNOX (N. IRELAND)
 7107 BULL (N. IRELAND)
 6936 Beaton (Australia)
 6934 Lethbridge (Australia)

20 MILES WALK
 2:32:34 WARHURST
 (ENGLAND)
 2:34:04 THORPE (ENGLAND)
 2:34:44 LAWTON
 (ENGLAND)
 2:37:06 Fullager (Aus)
 2:39:06 Hodgkinson (Aus)
 2:43:00 Haywood (Aus)

Women

100 METRES

11.0 Robertson (Australia)
 11.2 Jordan (Australia)
 11.2 LYNCH (ENGLAND)
 11.3 Brown (New Zealand)
 11.4 LANNAMAN
 (ENGLAND)

11.4 Boyle (Australia)
 11.4 Bailey (Canada)
 11.4 Kellond (Canada)

200 METRES

22.8 Boyle (Australia)
 23.1 GOLDEN (SCOTLAND)
 23.2 Robertson (Australia)
 23.4 McGowan (Canada)
 23.5 Bailey (Canada)
 23.6 VERNON (ENGLAND)

400 METRES

(*440y time less 0.3)
 52.1 BERNARD (ENGLAND)
 52.4 Rendina (Australia)
 52.6 Canty (Australia)
 52.7 Saunders (Canada)
 53.0* Neufville (Jamaica)
 53.8 ROSCOE (ENGLAND)
 53.8 Nail (Australia)

800 METRES

2:01.2 ALLISON (ENGLAND)
 2:02.0 COOMBER
 (SCOTLAND)
 2:03.6 Reiser (Canada)
 2:03.6 Rendina (Australia)
 2:03.7 Haden (New Zealand)
 2:03.8 Walsh (Canada)

1500 METRES

4:12.2 ALLISON (ENGLAND)
 4:12.5 Reiser (Canada)
 4:13.8 Wright (Canada)
 4:14.3 CAREY (ENGLAND)
 4:15.8 BRAITHWAITE
 (ENGLAND)
 4:15.9 Haden (New Zealand)

100 METRES HURDLES

13.3 VERNON (ENGLAND)
 13.3 Dell (Australia)
 13.5 PETERS (N. IRELAND)
 13.5w Taylor (Canada)

13.6 Damman (Canada)
 13.6 Jones (Australia)

HIGH JUMP

1.87 LAWTON (ENGLAND)
 1.83 Hanna (Canada)
 1.80 Bittner (Canada)
 1.79 HARRISON (ENGLAND)
 1.77 WATT (SCOTLAND)
 1.76 PETERS (N. IRELAND)
 1.76 Bruce (Jamaica)
 1.76 Oshikoya (Nigeria)

LONG JUMP

6.52 Nixon (Australia)
 6.48 Eisler (Canada)
 6.43 NIMMO (SCOTLAND)
 6.43 Oshikoya (Nigeria)
 6.38 MARTIN-JONES (WALES)
 6.34 Tillett (Australia)

SHOT

16.15 BEDFORD (ENGLAND)
 15.88 PETERS (N. IRELAND)
 15.74 Jones (Canada)
 15.161 Roberts (Australia) (14.93)
 15.141 Haist (Canada) (15.05)
 14.74 Young (New Zealand)

DISCUS

56.40 PAYNE (SCOTLAND)
 54.00 Haist (Canada)
 53.98 Martin (Canada)
 52.80 Roberts (Australia)
 51.60 SWINYARD
 (ENGLAND)
 50.54 RITCHIE (SCOTLAND)

JAVELIN

61.14 Rivers (Australia)
 53.88 CORBETT (ENGLAND)
 51.34 SANDERSON
 (ENGLAND)
 51.28 Symon (Australia)
 51.12 FRENCH (ENGLAND)
 47.50 Rwabiragye (Uganda)

PENTATHLON

4429 PETERS (N. IRELAND)
 4359 Jones (Canada)
 4116 Van Kiekebelt (Canada)
 4105 MAPSTONE (ENGLAND)
 4081 Nixon (Australia)
 4046 HONOUR (ENGLAND)

INDOOR HURDLES SESSION

The first of the Indoor Winter (Training) Competition Sessions held at Crystal Palace on November 10th, and organised on behalf of Southern Counties (UK Coaching) was well supported, and even at this early stage of their winter training schedules, the women hurdlers, for whom the series has been arranged, produced some splendid performances. The Seniors had four races over 60m, two over 5 hurdles, and two over 6 hurdles. The Intermediates had three races, one over 5 hurdles, and two over 6 hurdles, and the Juniors three races all over 5 hurdles. After the racing there was starting practice over 2 hurdles for all groups. Top performances:

(Snrs) Judy Vernon 8.6 (5 hurdles), 8.7 (6); Lyn Ilott 8.7 (5), 8.8 (6); Janet Honour 8.7 (5), 8.8 (6); Lorna Drysdale 8.9 (6). (Inters) Pat Roberts

9.7 (5), 9.9 (6); Hilary Cue 9.9 (5), 10.0 (6). (Jnrs) Jill Duffield 9.3; Debra Matthews 9.7; Beverly Cox 9.7.

Particulars of these sessions were advertised in the August 25th issue of 'AW', but for further information please write (enclosing sae) or phone George Stratford, 'Lynwood', 2 Austin Avenue, Bickley, Kent BR2 8AJ (01-467 2960).

FRANK HORWILL RESIGNS POST

Frank Horwill has resigned as Southern Counties Staff Coach for under 20s middle distance.

He has been re-appointed National BMC Secretary and all matters of general policy concerning the BMC should be sent to him at 201 Sumatra Road, London, NW6.

FINLAND'S LEGENDARY RUNNERS

Mel Watman reviews a book full of fascinating detail

WHAT are the secrets behind Finland's great running successes? Careful attention to nutrition and generous financial assistance (£1100 a year stipends to help top athletes with their food and medical care and enable them to train in a warmer climate) are two contributing factors. But, in his absorbing booklet entitled 'Finnish Running Secrets',* Matti Hannus attributes his countrymen's current prowess on the track to a combination of tradition, demanding but well balanced training (for which Arthur Lydiard, who was engaged by the Finnish Athletics Federation from 1967 to 1969, is given credit), and that special Finnish trait of spirited determination and courage they call *sisu* and we call guts. Not for nothing do Scandinavians remark . . . 'stubborn as a Finn'.

Another clue has been provided by the nation's President, Urho Kekkonen, whose own athletic achievements half a century ago included a 'world record' in the standing triple jump (9.71/31'10½"), a regular hop step and jump of 14.14/46'4½", a 1.85/6'0½" high jump and a 10.9 100 metres.

"It has often been wondered", he once wrote, "why track and field activities have gained such a prominent position among summer sports in Finland. One explanation might be the peculiar nature of inhabitation in this country, another the basic characteristics of Finnish people. Ours is a thinly populated country—about 12 people per square kilometre. In the rural districts, especially in Northern and Central Finland, the homes are scattered far from each other. Mass sports would encounter great difficulties in such circumstances. The same can be said of the character of Finnish people. By nature we are rather individualistic and consequently the pursuit of track and field in solitude has always been very popular. All these factors have created particularly favourable circumstances for long distance running."

Matti Hannus, a teacher and club-level middle distance runner in Oulu who was 26 when he wrote the book, has done a fine job in informing his readers about the evolution of Finnish running and the personalities involved. What a story there is to tell!

He begins by tracing the sport's history in Finland. Ancient Finnish legends tell of gigantic contests in running, jumping and throwing between local heroes, but it was visiting British athletes who played a significant role in the kindling of a national passion: a British professional runner visited Helsinki in 1830, and 50 years later another—by the name of Dibbles—ran 9815m in 33 minutes . . . up and down a 100m straight! The



HANNES KOLEHMAINEN
First of the 'Flying Finns'.

public were intrigued and soon young boys were imitating his action. It was the moment when, claims the author, "the sport has finally 'arrived' in Finland".

The first marathon race (25 miles) was staged in 1906, interest having been aroused by newspaper descriptions of the race at the unofficial Olympic Games that year, and during the next two or three years the event became increasingly popular. "Among the competitors was a young man named Hannes Kolehmainen, who did his first at age 17. In Turku, a dedicated 12-year-old boy was doing his training sessions in street shoes, wanting to become the best runner in the world. His name was Paavo Nurmi."

Hannes Kolehmainen's elder brother, Viljami (or William as he was known in America where he became a professional in 1910), was actually the first of Finland's great runners: it is claimed he ran a full marathon, on the track, in 2:29:39.2. Tatu Kolehmainen, the youngest brother, was a world record breaker at 20 and 25km, but it was Hannes who achieved true athletic immortality.

*Published by Runner's World Magazine (USA); paperback—96 pages, illustrated; obtainable from Runner's World, Post Office Box 247, Croydon, Surrey CR9 8AQ; price £1.05 post paid.

As the 1912 Olympics approached, Matti Hannus recounts that Hannes, who was 22, "began training twice a day, working only part-time and living like a monk. Friends helped him financially. His sessions consisted mostly of early morning walks, long steady runs and short sprints on track, and stretching exercises". His single minded approach, for those days, paid off at the Stockholm Games, for in an eight-day period he won three gold medals (5000m, 10,000m and cross-country), one silver (cross-country team race) and set two world records (3000m in 8:36.9 in a team race and 14:36.6 for 5000). The 5000 time was some 25sec inside the old record! Only one detail marred Finland's jubilation: her athletes had to compete under the Russian flag.

By the next Games, in 1920, Finland was an independent nation—and Hannes Kolehmainen was wrapped with the Finnish flag by his ecstatic countrymen after winning the marathon title in Antwerp. There was plenty to shout about, for those Games also saw the emergence as a world beater of Paavo Nurmi—winner of the 10,000m and cross-country (plus team race) after finishing second in the 5000.

From then until the outbreak of the Second World War, Finnish runners reigned supreme. Kolehmainen and Nurmi are the names which

are best remembered, but there were so many others who won Olympic titles or broke world records . . . Ville Ritola, Albin Stenroos, Harry Larva, Toivo Loukola, Lauri Lehtinen, Volmari Iso-Hollo, Gunnar Hockert, Ilmari Salminen, Eino Borg, Taisto Maki, Ville Kyronen, Vaino Sipila, Erkki Tamila, Martti Marttelin. What a galaxy of talent for such a sparsely populated land.

This book, however, is no mere recital of titles won and records broken; the author provides much illuminating personal detail. Writing about Nurmi, for example:

"It is said that as a child Paavo was like all other boys, full of tricks, cheerful, always smiling. But in 1909, during the 'marathon fever', he decided to become a runner. His life was completely changed. He concentrated so severely on his running future that it is almost impossible to comprehend. He left his early friends, and from a smiling boy became a quiet, meditating adolescent . . . Paavo's plans were very precise. While only 12, he decided to train easily but regularly for five years, then add quality and quantity. How many young people of our time are able to think this way—or if they are, how many of them can keep the promise".

The war, in which *sisu* was displayed on the

Finland's Olympic Medallists

1912							
5000	1, Hannes Kolehmainen	14:36.6	10,000	1, Paavo Nurmi	30:18.8		
10,000	1, Hannes Kolehmainen	31:20.8	Marathon	2, Ville Ritola	30:19.4		
	3, Albin Stenroos	32:21.8	3000SC	3, Martti Marttelin	2:35:02.0		
C-country	1, Hannes Kolehmainen	45:11.6		1, Toivo Loukola	9:21.8		
Team	2, Finland			2, Paavo Nurmi	9:31.2		
				3, Ove Andersen	9:35.6		
1920							
5000	2, Paavo Nurmi	15:00.0	1932				
10,000	1, Paavo Nurmi	31:45.8	5000	1, Lauri Lehtinen	14:30.0		
Marathon	1, Hannes Kolehmainen	2:32:35.8		3, Lauri Virtanen	14:44.0		
C-country	1, Paavo Nurmi	27:15.0	10,000	2, Volmari Iso-Hollo	30:12.6		
	3, Heikki Liimatainen	27:37.0		3, Lauri Virtanen	30:35.0		
Team	1, Finland		Marathon	3, Armas Toivonen	2:32:12.0		
			3000SC	1, Volmari Iso-Hollo	10:33.4		
1924				(ran extra lap in error)			
1500	1, Paavo Nurmi	3:53.6	1936				
5000	1, Paavo Nurmi	14:31.2	5000	1, Gunnar Hockert	14:22.2		
	2, Ville Ritola	14:31.4		2, Lauri Lehtinen	14:25.8		
10,000	1, Ville Ritola	30:23.2	10,000	1, Ilmari Salminen	30:15.4		
	3, Eero Berg	31:43.0		2, Arvo Askola	30:15.6		
Marathon	1, Albin Stenroos	2:41:22.6		3, Volmari Iso-Hollo	30:20.2		
3000SC	1, Ville Ritola	9:33.6	3000SC	1, Volmari Iso-Hollo	9:03.8		
	2, Elias Katz	9:44.0		2, Kaarlo Tuominen	9:06.8		
C-country	1, Paavo Nurmi	32:54.8	1956				
	2, Ville Ritola	34:19.4	Marathon	3, Veikko Karvonen	2:27:47.0		
Team	1, Finland						
3000 Team	1, Finland		1972				
1928			1500	1, Pekka Vasala	3:36.3		
1500	1, Harri Larva	3:53.2	5000	1, Lasse Viren	13:26.4		
	3, Eino Purje	3:56.4	10,000	1, Lasse Viren	27:38.4		
5000	1, Ville Ritola	14:38.0	3000SC	3, Tapio Kantanen	8:24.8		
	2, Paavo Nurmi	14:40.0					



Viljo Heino pictured at the White City in 1947 after breaking the British all-comers 6 miles record with 29:22.4. The previous record holder? Paavo Nurmi, on the left.

grand scale in the battles against the Russians, brought an end to the era of great Finnish athletes. Only one runner remained to keep the world record breaking tradition alive, Viljo Heino, but he was a sad disappointment at the 1948 Olympics. Apart from Olavi Salsola and Olavi Salonen sharing in a world 1500m record of 3:40.2 in 1957 (it was shattered the very next day by the Czech, Stanislav Jungwirth) and a succession of world-ranking marathoners, Finnish middle and long distance runners made little impact for several years after Heino's retirement.

Why this recession? Matti Hannus cites four reasons. The effect of the war, the world-wide spread of athletics (far fewer countries produced top-class athletes in Nurmi's day), the lack of serious scientific study of the sport in Finland ("we had to copy other countries—always some-

what too late"), and—oddly enough—the fact that the 1952 Olympics were staged in Helsinki. "For the first time", the author explains, "the Finns could observe athletes like Zatopek, Rhoden, McKenley, Barthel and Dillard very closely. They beat their Finnish opponents easily, and this caused an inferiority complex which was to remain for almost twenty years".

But, at the time of the Helsinki Games, four young boys were growing up, destined to rekindle the flame: Jouko Kuha was 13, Juha Vaatainen 11, Pekka Vasala 4 and Lasse Viren 3.

Those last three names need no introduction; perhaps Kuha does. During the early sixties, Finnish running standards reached rock bottom—the public's attention had switched to the pole vault and javelin where men like Pentti Nikula

One of the most famous victories in all athletics history: Juha Vaatainen sprints to the 1971 European 10,000m title in Helsinki, ahead of East Germany's Jürgen Haase.



Mark Shearman

FINLAND'S EUROPEAN CHAMPIONS

1934

10,000	Ilmari Salminen	31:02.6
Marathon	Armas Toivonen	2:52:29.0

1938

5000	Taisto Maki	14:26.8
10,000	Ilmari Salminen	30:52.4
Marathon	Vaino Muinonen	2:37:28.8

1946

10,000	Viljo Heino	29:52.0
Marathon	Mikko Hietanen	2:24:55.0

1954

Marathon	Veikko Karvonen	2:24:51.6
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1971

5000	Juha Vaatainen	13:32.6
10,000	Juha Vaatainen	27:52.8

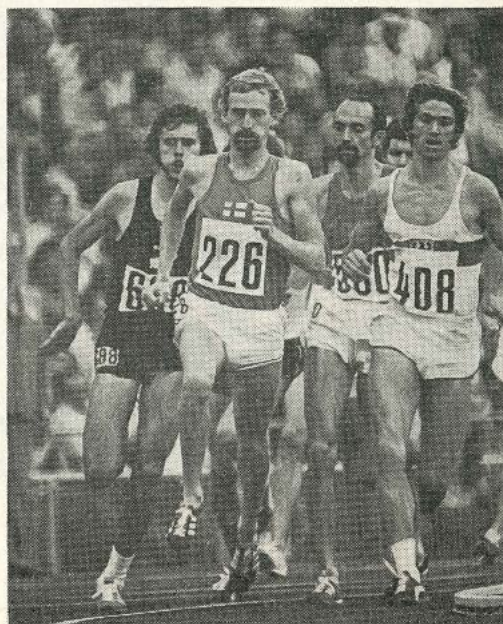
and Pauli Nevala became world beaters. "Newspapermen were criticising national team runners so hard that it is a wonder some of them had the guts to continue. In 1964 there was a picture of Jouko Kuha kneeling on the grass after an international meeting, vomiting. He had been last. The words under the photo were: 'What's the use, Kuha? You'd be wise to retire'. But they did not know him".

Kuha, a short, stocky man who has a long history of illness, became one of the first Finns to cut down on the interval training work, which had for long held sway, in favour of increased mileage (up to 150 miles a week), and the first to train abroad during the winter. He began to concentrate on the steeplechase in 1964—and four years later he broke the world record with 8:24.2. It was a start, but the man who really won back the Finns their self respect was Juha Vaatainen.

"If we say he is a running genius, a man who loved his sport so deeply that he made an art of it and began living exclusively for it, conquering his own inferiority complex and innumerable other difficulties, climaxing his 'sprinter-to-marathoner' (almost) career with two of the finest victories of running history, it may sound like a phony collection of worn-out phrases. But it isn't. He is all that, and much more".

Matti Hannus recounts the difficulties that Vaatainen experienced in his bid to satisfy his desire to become the best runner in the world. Injuries, illness, financial troubles, the death of his coach—Juha eventually overcame every obstacle but it took him eleven years to graduate from Finnish junior 400m hurdles champion to European 5000 and 10,000 champion.

Who could begrudge Juha those emotion-laden triumphs in Helsinki two years ago? It wasn't just the Finns in the Olympic Stadium who yelled themselves hoarse and felt a swelling of



Pekka Vasala (226) in the Olympic 1500m

Tony Duffy



Pekka Paivarinta with Frank Clement in the European Cup Final 1500m. Fionnbar Callanan



Entering the last lap of the Olympic 5000 metres—and Lasse Viren, the winner, leads from Steve Prefontaine (USA) and defending champion Mohamed Gammoudi of Tunisia.

Tony Duffy

pride—Vaatainen won his way into the hearts of all who watched that epic 10,000m. It seemed right and proper that, in Helsinki, a Finn should be the star of the meeting. It was like saying thank you to a people who hold our sport in such esteem and who have contributed so much.

Vaatainen is said to be preparing for the defence of his 10,000m title and a shot at the marathon in Rome, yet even if he never races

again his niche in the history of running is secure. That applies, too, to Pekka Vasala and Lasse Viren; what style, as well as pace, they displayed in Munich. The three 'vees' are a personification of all that Finnish athletics stands for: wonderful runners from a wonderful country.

Matti Hannus' book is a worthy tribute to his nation's athletic heritage and will be read with pleasure.

Finland's World Record Breakers

1500m

3:52.6	Paavo Nurmi	19.6.1924
3:40.2	Olavi Salsola	11.7.1957
3:40.2	Olavi Salonen	11.7.1957

Mile

4:10.4	Paavo Nurmi	23.8.1923
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2000m

5:26.4	Paavo Nurmi	4.9.1922
5:24.6	Paavo Nurmi	18.6.1927
5:23.4	Eino Borg	9.8.1927

3000m

8:36.8	Hannes Kolehmainen	12.7.1912
8:28.6	Paavo Nurmi	27.8.1922
8:25.4	Paavo Nurmi	24.5.1926
8:20.4	Paavo Nurmi	13.7.1926
8:14.8	Gunnar Hockert	16.9.1936

2 Miles

8:59.6	Paavo Nurmi	24.7.1931
8:57.4	Gunnar Hockert	24.9.1936
8:53.2	Taisto Maki	7.7.1939
8:14.0	Lasse Viren	14.8.1972

3 Miles

14:11.2	Paavo Nurmi	24.8.1923
13:50.6	Lauri Lehtinen	16.6.1932
13:42.4	Taisto Maki	16.6.1939

5000 Metres

14:36.6	Hannes Kolehmainen	10.7.1912
14:35.4	Paavo Nurmi	12.9.1922
14:28.2	Paavo Nurmi	19.6.1924
14:17.0	Lauri Lehtinen	19.6.1932
14:08.8	Taisto Maki	16.6.1939
13:16.4	Lasse Viren	14.9.1972

6 Miles

29:36.4	Paavo Nurmi	9.6.1930
29:08.4	Ilmari Salminen	18.7.1937
28:55.6	Taisto Maki	17.9.1939
28:38.6	Viljo Heino	25.8.1944
28:30.8	Viljo Heino	1.9.1949

10,000m

30:40.2	Paavo Nurmi	22.6.1921
30:35.4	Ville Ritola	25.5.1924
30:23.2	Ville Ritola	6.7.1924
30:06.2	Paavo Nurmi	31.8.1924
30:05.6	Ilmari Salminen	18.7.1937
30:02.0	Taisto Maki	29.9.1938
29:52.6	Taisto Maki	17.9.1939
29:35.4	Viljo Heino	25.8.1944
29:27.2	Viljo Heino	1.9.1949
27:38.4	Lasse Viren	3.9.1972

10 Miles

50:15.0	Paavo Nurmi	7.10.1928
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What do you want for Christmas, Dear?

The answer may be 'a nice tie' or 'a subscription to AW', but if the man in your life is a runner, what he **really** wants is a new pair of shoes. And where better to get them than The Sweat Shop? If the family won't buy them for him, he may have to buy them himself, so we've tried to make it as painless as possible, by stocking the gear you want, at reasonable prices, backed by a service as good as we can make it. Let us be your Santa—it's a part we're very happy to play!

ROAD SHOES

Adidas 'SL72' 5-5½ £7.85, 6-12 £8.60.

Adidas 'Gazelle' 3½-5½ £7.55, 6-12 £8.30.

Adidas 'Rom' 5-5½ £4.65, 6-12 £5.10.

Tiger 'Cub' 3-5½ £3.00, 6-11½ £3.40.

Tiger 'Marathon' 4-5½ £4.45, 6-11 £4.90.

Tiger 'Jogger' 5-5½ £5.75, 6-11 £6.40.

Tiger 'Road Runner' 6-11 £6.75.

(Christmas offer!)

STUDS

Adidas 'Cross' 3½-5½ £3.95, 6-12 £4.70.

Compass 'Rose' 3-5½ (36-39) £3.75, 6-13 (40-48)

£4.15 with Wedge Heel 36-39 £4.05, 40-48 £4.50.

Nokia Hermes 34-39 £3.25, 40-48 £3.95.

Ron Hill Sports Wetsuits in Red, Royal, Gold £6.65, Nylon Tracksters £1.70, Freedom shorts plain 95p, trimmed £1.05.

Discounts on Club orders. Quotations for vests, etc., freely given. Letters for tracksuits 3p each. All prices include postage, but to eliminate delays you may add 10p and have your order sent first class. Personal callers welcome: late nights Tuesday and Thursday 7 p.m.

THE SWEAT SHOP

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TEDDINGTON

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01-943-0636

P.S.: If there are any squash players reading this, we have Adidas 'Jonah Barrington' squash shoes at a special Christmas offer price of £5.25 post free.

49:41.6	Viljo Heino	30.9.1945
49:22.2	Viljo Heino	14.9.1946

1 Hour

19:210m/11M 1649y	Paavo Nurmi	7.10.1928
19:339m/12M 29y	Viljo Heino	30.9.1945

20,000m

1:07:40.2	Hannes Kolehmainen	18.5.1913
1:07:11.2	Albin Stenroos	9.9.1923
1:07:07.2	Ville Kyronen	31.8.1924
1:06:29.0	Vaino Sipila	19.6.1925
1:04:38.4	Paavo Nurmi	3.9.1930
1:02:40.0	Viljo Heino	22.9.1949

15 Miles

1:19:48.6	Erkki Tamila	29.8.1937
1:18:48.0	Mikko Hietanen	20.8.1947
1:17:28.6	Mikko Hietanen	23.5.1948
1:12:22.6	Seppo Nikkari	14.10.1973

25,000m

1:26:29.6	Hannes Kolehmainen	10.10.1920
1:25:20.0	Hannes Kolehmainen	22.6.1922
1:24:24.0	Martti Martelin	16.9.1928
1:22:28.8	Martti Martelin	14.9.1930
1:21:27.0	Erkki Tamila	3.9.1939
1:20:14.0	Mikko Hietanen	23.5.1948
1:14:55.6	Seppo Nikkari	14.10.1973

30,000m

1:48:06.2	Albin Stenroos	26.9.1915
1:47:13.4	Hannes Kolehmainen	1.10.1922
1:46:11.6	Albin Stenroos	31.8.1924
1:43:07.8	Vaino Sipila	16.9.1928
1:40:49.8	Mikko Hietanen	28.9.1947
1:40:46.4	Mikko Hietanen	20.6.1948
1:35:03.6	Antti Viskari	21.10.1956

3000m Steeplechase

8:47.8	Pentti Karvonen	1.7.1955
8:45.4	Pentti Karvonen	15.7.1955
8:24.2	Jouko Kuha	17.7.1968

4 x 1500m Relay

16:26.2	TU Turku	12.7.1926
16:11.4	TU Turku	17.7.1926
15:54.8	Finnish National Team	17.9.1939

NORTHERN COUNTIES AA CHAMPIONSHIPS

Advance notice is given that the 1974 Senior Championships will be held at Sheffield on June 22nd and the Under 20 at Blackburn on June 15th.

Offers are invited to stage the following allocated events: 20 Miles Road Race; Marathon; 10,000m Snr/3000m Jnr/2000m Yth Walks; Decathlon/Jnr Decathlon, Jnr Pentathlon; 5000m Jnr; 50 Miles Road Relay (6/4/74) and 25 Miles Road Relay (5/10/74). Further details may be obtained from and applications submitted to the Hon Championships Secretary, G. A. Wright, 30 St Johns Road, Humberston, Grimsby, Lincs, no later than December 31st.

Overseas News and Results

Mills, Mills, Mills & Mills for New Zealand Team?

THERE could be four members of the Mills family representing New Zealand in the Commonwealth Games next month! Les Mills, seeking his fifth Commonwealth Games selection, has little chance of a medal this time—he hopes, at best, for around 58ft (17.68) with the shot. Even that would be remarkable for he was considered a write-off in terms of athletics after severely injuring a band of shoulder muscles in London soon after the 1972 Olympics. Last February he could do no better than 35ft (10.67), but now he is up to 16.52/54'2½" with a standing put. His wife Colleen, who was an Auckland representative at the 80m hurdles and high jump twenty years ago and returned to the track only a year or so ago, has run 400m in 54.6. She is in her late thirties. Their son Phillip (18) has clocked a windy 14.6 for the high hurdles, and daughter Donna (16) has high jumped 1.62/5'4".

John Robinson's 2:17:33 marathon looked strong. He normally runs a very fast '20' and then blows up, but this time he kept going. Pekka Vasala is currently living in Auckland but he is suffering

from Achilles tendon trouble and has not raced.

Vic Matthews

13.10. Hamilton. Mar: Robinson 2:17:33, Rose 2:19:53, Manners 2:20:17. **20.10. Auckland.** SP/DT: Tait 17:88/58'8" & 57.98/190'3"; women's 200/400: Mills 24.6/56.2; 1500: Potts 4:28.0, Thomson 4:28.2. **27.10. Hamilton.** SP/DT: Tait 18.50/60'8½" & 57.76/189'6"; women's 400: Mills 55.0. **2.11. Auckland.** SP/DT: Tait 18.13/59'6" & 60.10/197'2"; women's 800: A. Smith 2:15.4. **2.11. Hamilton.** 800: Walker 1:49.8; 400H: Gurkilau (Fiji) 53.7 (rec); women's 400: Mills 54.6, Gurkilau 55.1. **9.11. Auckland.** 1500: Walker 3:43.3; women's 1500: Somervell 4:23.0. **9.11. Wellington.** 400: Kear 47.0; 5000: Tayler 13:58.0, Rose 14:00.8. **10.11. Auckland.** SP: Tait 17.89/58'8½", Mills 16:52/54'2½"; DT: Tait 58.50/191'11"; 20M walk: Tayler 2:44:50.

AUSTRALIA

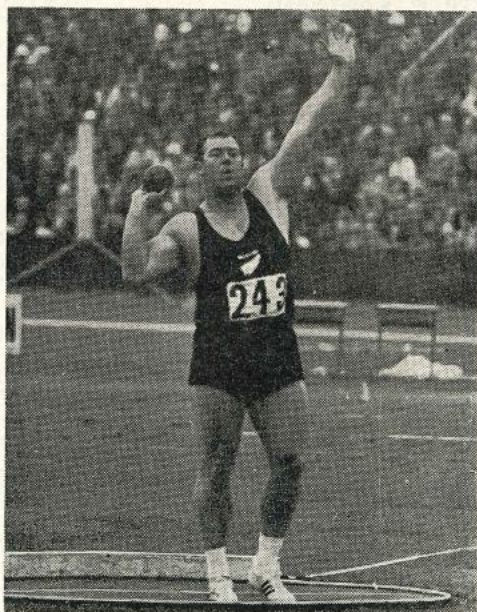
Ron Clarke's 12-year-old son Marcus set a world age best for 1500m of 4:37.0 in Melbourne on November 10th. Long before he became the world's greatest distance runner, Ron was himself a prodigy—creator of world junior records for 1500m (3:49.8), mile (4:06.8) and 2 miles (9:01.8) in 1956 at the age of 18. Also on November 10th, Richard James (17), who was 5th in the Commonwealth Games trials, clocked 10.2 for 100m behind Lawrie D'Arcy (10.2). The event was run into the wind, but as only one watch was on the second place-getter that will prevent James' time equalling the Australian junior record.

13.10. Heidelberg. JT: Vic Mitchell (ex-UK) 66.88/219'5". **27/28.10. Sydney.** 200: 4, Weinberg 20.9; 3000SC: 5, Manning 8:59.4; women's 200: 4, Sargent 23.9; 400: 4, Wagman 54.3. **3.11. Sydney.** 400: Hollestelle (16) 47.6.

JAMAICA

6.10. Kingston. 100: Crawford (Tri) 10.1, Quarrie 10.2, Leonard (Cuba) 10.3, Steve Williams (US) 10.4, Lawson 10.4, Harris (US) 10.5, Dill (Ber) 10.7, Silov (USSR) 10.7 (from photo finish, hand times given to Quarrie, Leonard and Williams were most unflattering. In my opinion, Leonard and Williams were no slower than 10.2. Further, there is no way that Williams and Lawson did the same time); 200: Quarrie 20.7, Williams 21.0, Lutz (US) 21.0, Dill 21.1; 400: Juantorena (Cu) 45.9, Bond (US) 46.7, Koskei (Ken) 47.0, Musyoki (Ken) 47.5, Daley 48.0; 4x100: Jamaica (Spencer, Hardware, Lawson, Quarrie) 39.5, USA 40.0, Trinidad/Bermuda 40.4, USSR/Cuba 40.6; women's 100: Valdes (Cu) 11.3, Hodges 11.5, Watson (US) 11.6; 200: Sidorova (USSR) 23.6, Williams 24.2, Valdes 24.5, Neufville 24.9; 400: Penton (Cu) 54.0, Trustee (Cu) 54.4, Campbell (US) 55.5; 4x100: USA 46.2, Jamaica 46.6; 4x400: Jamaica 3:45.6.

Richard Ashenheim



LES MILLS

His best mark was 19.80/64'11½" in 1967.

Tony Duffy

INDIA

17.9. Patiala. 800: Sriram Singh 1:47.3; 4x400: India 3:11.1. **26.9. Patiala.** 800: Sriram Singh 1:49.0, Zubalin (USSR) 1:50.2; 1500: Ibrahimov (USSR) 3:49.8, Bahadin 3:52.1; 5000: Shvinnath Singh 14:28.8, Mochalov (USSR) 14:30.4; women's 100: Chatterji 12.5, Frolova (USSR) 12.6; DT: Skarpupova (USSR) 53.86/176'8"; SP: Subrata Deb Nath 12.69/41'7 $\frac{1}{2}$ ". **28.9. Chandigarh.** 5000: Shvinnath Singh 14:18.6. **3.10. Madras.** 800: Sriram Singh 1:49.2.

KENYA

Bill Koskei, runner-up (representing Uganda than) to John Sherwood in the 1970 Commonwealth Games, clocked a fine 49.5 for 400m hurdles in Nairobi on November 10th. Ben Jipcho, recovering from Achilles tendon injury, won the 1500m in 3:45.9. He is considering a £20,000 offer to sign with the ITA professional group. Other results: 5000/10,000: Juma 14:10.2/29:33.4; 110H: Kimaiyo 13.9; 4x400: Prisons 3:10.5.

TANCRED AND CAPES IN FORM

An interesting competition took place during the England team get-together at Crystal Palace last weekend. Two food hampers donated by Cernelle & Ritter (Pollitabs) provided extra incentive for the 'heavies'. The competition, combined shot and discus, was scored on the IAAF decathlon tables.

Result: 1, Bill Tancred 1988 pts (18.32/60'1 $\frac{1}{2}$ " and 58.18/190'10"); 2, Geoff Capes 1982 (19.42/63'8 $\frac{1}{2}$ " and 54.24/177'11"); 3, John Hillier 1748 (15.15/49'8 $\frac{1}{2}$ " and 51.78/169'10"); 4, Peter Tancred 1737 (15.95/52'4" and 51.20/168'0").

It is hoped to stage a similar competition, but for all four throws, on a future occasion. A superb competition could result with throwers like Tancred, Capes, Watts, Williams and Travis.

Wilf Paish

The telephone number of the Race Secretary for the Bedford to St Neots Boxing Day Relay and Road Race is Huntingdon 73459 and not St Neots 73459 as printed.

Javelin Clinics under National Event Coach, Jan Kopyto, will be held on Jan 6th and Feb 24th at Enfield. See advertisement next week.

BASIL CLIFFORD

It is with deep regret that we report that the outstanding Irish miler, Basil Clifford, was among the six people killed in the blast at the explosives factory in Birmingham on November 14th. Basil, who lived in recent times at West Bromwich, was a member of Donore Harriers, and the highlights of his career included a 3:59.8 mile in 1964 (Ireland's second man under four minutes) and Olympic 1500m representation the same year. He was 35.

CANADA

15.9. St Johns. Mar: Drayton 2:13:26, Armstrong 2:13:39, Howard 2:18:59, Bob Moore (ex-UK) 2:19:11. **24.10. Kingston, Ont.** PV: Simpson 5.18/17'0". **17.11. Victoria.** Canadian CC Champs—12km: McLaren 39:29.8, Shaughnessy 40:02.8, K. Kvalheim (Nor) 40:05.8... 6, Moore 40:32.2; women's 4km: Thelma Wright 14:38.4, Claire Morgan (15) 14:55.5, Abby Hoffman 15:08.

USA

Steve Prefontaine won his third National Collegiate cross-country title, at Spokane, on November 17th, in 28:14.8 ahead of Britons Nick Rose (28:20) and Gordon Minty (28:22), with Irishman Neil Cusack (28:28) 4th. The previous week Rose had won his NCAA District title in 28:21.8 ahead of Cusack (28:29) and Chris Ridler (28:46), with Ron Martin 8th in 29:05 and Tony Staynings (now at Western Kentucky) 11th in 29:20. Frank Shorter won the AAU cross-country at Gainesville on November 24th, his fourth consecutive title.

Starkey All The Way

CAMBRIDGE lecturer-teacher, Hugh Starkey, took QPH's 27th Lyddiard Trophy race at Eastcote, after leading all the way to help Shaftesbury retain their team victory of last year. The club scored 104 points, in front of Highgate (199) and Hillingdon (233). First veteran, Mike Barratt, was running in his 25th 'Lyddiard'.

After 2 miles Starkey, Guy Ogden and Tim Johnston (guesting) had opened up a 20y lead on John Brown, with Roy Steven and Hugh Richards running next. Starkey, who is covering 100 miles a week as opposed to 90 last season, pulled away from Ogden on the last long hill, with Johnston still close behind him. Johnston, in order not to get complaints about pacing, politely kept a step behind Starkey as he went outside the funnel.

After the race Johnston said: "I have trouble with my right Achilles and might have to have another operation on it. Because of the condition of it I reckon to lose 2 to 3 inches per stride and that adds up to 25 yards in a mile! Although I am getting fitter again, my confidence in world class racing would only be restored completely with some further treatment. I ran 15 miles, coming third to Lismont, a week before the Harlow marathon which with my experience I should not have done."

Previous winner Tony Simmons was sidelined with a muscle strain but was jogging about giving support. "I did not want to risk it today," he remarked. "I hope to be able to train three times a day soon. I have a new job as painting and decorating technician at Luton College which should suit my running more."

Alastair Aitken

(We would appreciate receiving results of this race for publication—Ed.)

RESULTS IN BRIEF

November 7th

British Rail (Southern Region) Staff Assn Regional CC Championships, at Epsom. 1, M. Porteous (Ascot) 27:22; 2, A. Sharp (Beck) 27:36; 3, D. Mullen (Guild) 28:25; 4, J. Cook (Three Bridges) 29:45; 5, E. Holley (Water) 30:50 6, P. Wilson (Three) 31:05.

November 10th

National Westminster Bank Inter-Regional Cross Country Championship at Epsom: 1, P. Pape (Lon) 32:06; 2, I. Beauchamp (Lon) 32:29; 3, B. Walters (Lon) 35:05; 4, P. Wilkinson (East) 35:50; 5, R. Burton (Lon) 36:04; 6, A. Storey (North) 36:18. **Teams:** 1, London 11; 2, Eastern 30; 3, Northern 37.

New Zealand Cup Cross-Country Relay, at Chigwell Row. 1, Hillingdon 89:57; 2, Harlow 90:31; 3, Ilford 91:33; 4, Essex Beagles 91:49; 5, Woodford Green 92:02; 6, Havering 92:35. **Fastest:** J. Brown (Hill) 14:24.

Polytechnic H 5M Cross-Country Champs (including inter-club match), at Richmond. 1, M. Barratt (E&S) 25:02; 2, R. Pinkerton (Poly) 25:20; 3, M. Kortenray (Gst) 25:28; 4, P. Chivers (E&S) 25:34; 5, J. Keating (E&S) 26:03; 6, R. Norris (Gst) 26:22; 7, — (Poly) 26:25; 8, C. Canton (E&S) 26:42; 9, P. Wilks (Poly) 26:56; 10, J. Arnold (E&S) 26:59; 11, J. Hyatt (E&S) 27:28; 12, H. Fairweather (Gst) 27:29; 13, B. Kemp (E&S) 27:44; 14, D. Case (E&S) 27:50; 15, R. Johnston (Poly) 27:53. **Teams (4 to score):** 1, Ealing & Southall 13; 2, Poly 22; 3, Bank of England 60; 4, Wycombe Phoenix 72. (9 to score): 1, E&S 67; 2, Poly 129; 3, Bank of Eng 242. **(Poly Youths, Boys and Colts Champs):** 1, A. Stewart (Wat) 16:25; 2, J. Mahy (Poly) 16:31; 3, P. Mulligan (Poly) 16:33; 4, R. Mallous (Wat) 16:37.

November 14th

RAF London Cross-Country League, at RAF Halton. 1, Voight (H Wyc) 29:54; 2, Donkin (W Dry) 30:25; 3, Todd (Hen) 30:38; 4, Ballantine (Chess) 30:59; 5, Bot (Chess) 31:24; 6, Robertson (S Park) 31:37; 7, Walle (Halt) 32:13; 8, Slade (W Dry) 32:19; 9, Cole (Warr) 32:27; 10, Thames (N'holt) 32:42. **Teams:** 1, Chessington 207; 2, Halton 190; 3, High Wycombe 171; 4, West Drayton 164; 5, Henlow 161; 6, Northolt 131.

Wilts & Border RAF Cross Country League, at RAF Benson. 1, Hurd (Abing) 26:33; 2, Duggan (B Nort) 26:58; 3, Depper (B Nort) 27:45; 4, Broily (Lock) 27:47; 5, Tonner (B Nort) 28:00; 6, Lee (B Nort) 28:00; 7, Marson (Ben) 28:20; 8, Potts (Lyne) 28:25; 9, Riley (Ben) 28:31; 10, Morris (Up) 28:48. **Teams:** 1, Brize Norton 204; 2, Abingdon 173; 3, Brize Norton 'B' 165; 4, Benson 159; 5, Thorney Island 151; 6, RMCS 137.

November 17th

Liverpool University CC Match, at Wyncote. 1, P. Carey (Liv Cty) 31:22; 2, T. Farrell (Liv Cty) 31:31; 3, R. Harrison (Liv Cty) 32:07; 4, G. Tarry (Leeds Un) 32:23; 5, D. Evans (Liv Cty) 32:54; 6, J. Booth (Leeds Un) 32:54; 7, M. Dooling (Liv Cty) 33:10; 8, S. Jackson (Liv Un) 33:16; 9, S. Leslie (Leeds Un) 33:28; 10, S. Burnell (Liv Cty) 33:32; 11, P. B. Carey (Liv Cty) 33:41; 12, J. Harper (Liv Cty) 34:00; 13, M. Brownsden (Liv Un) 34:17; 14, Q. Tupper (Leeds Un) 34:18; 15, R. Britton (Leeds Un) 34:35. **Teams:** 1, Liverpool City (Combined Clubs) 28; 2, Leeds University 66; 3, Liverpool University 107.

64th Nicholls Cup Mob Match, at Hayes. 1, J. Roberts (SLH) 43:05; 2, R. Richardson (B) 44:27; 3, C. Haines (B) 44:32; 4, M. Long (SLH) 45:30; 5, R. Gevers (SLH) 45:38; 6, I. Wilson (B) 45:40; 7, M. Hamlin (B) 45:50; 8, S. Knowles (B-Jnr) 46:10; 9, J. Baldwin (B) 46:11; 10, P. Williams (SLH) 46:44; 11, P. Horwood (B) 46:48; 12, C. Woodcock (B) 47:04; 13, A. Prior (SLH) 47:05; 14, P. Sheppard (B) 47:24; 15, D. Ashbourne (SLH) 47:27. **Teams:** 1, Blackheath 1476; 2, SLH 1607. **Vets:** 1, A. Weekes-Pearson (B) 47:35. **Blackheath Handicap:** 1, M. Taylor; 2, M. Hampton; 3, C. Haines.

Ranelagh 371, Orion 544, at Richmond Park: 1, I. McIntosh (R) 39:45; 2, M. Kortenray (R) 41:10; 3, J. Forrest (R) 41:30; 4, B. Wilkins (O) 42:10; 5, B. Herlock (R) 42:18; 6, H. Jones (R) 42:47.

Hercules Wimbledon 5 Miles Championship, at Wimbledon Common. 1, S. Badgery 25:37; 2, D. Manning 26:10; 3, S. Lippell 26:27; 4, G. Bradbury 26:33; 5, R. Brook 26:38; 6, A. Trowell 27:14; 7, Mark Winzenried (USA-Gst) 27:50. **(Youth/Boys 2M):** 1, M. Kramer 11:49; 2, D. Collier 11:58; 3, P. Reynolds 12:00. **Teams:** 1, Hercules 17; 2, Kings College Sch 38. **(Colts 2M):** 1, P. Borrass (HW) 12:30; 2, J. Mayhew (HW) 13:09. **Teams:** 1, Hercules W 39; 2, William Morris Sch 55; 3, Pollard Hill Sch 60.

NEWCASTLE JOURNAL AND SUNDAY

SUN CC RACES

(Seniors 3500m): 1, L. Bateman (Blyth) 13:30; 2, A. McCabe (Blyth) 14:06. **(Inters 3500m):** 1, F. Wishart (NSP) 12:23; 2, P. Fish (NSP) 12:44; 3, S. Smith (NSP) 13:09. **Team:** North Shields Poly. **(Minors 2500m):** 1, S. Blair (West) 11:48; 2, D. Hedley (Jarr) 11:59; 3, K. Taylor (Jarr) 12:19. **Teams:** 1, Jarrow & Hebburn 15; 2, Blyth 26; 3, Gosforth 30. **(Girls 2500m):** 1, Cook (Blyth) 12:04; 2, D. Hall (West) 12:22; 3, C. Rutherford (S Shields) 12:40. **Teams:** 1, Westfield 11; 2, Blyth 17; 3, Houghton 40.

Floodlights have now been installed at Feltham Arena. Floodlit training, including jumps, shot and javelin, is available (non-members of Feltham AC welcome) every Tuesday and Thursday, 6 to 8.30 p.m.

Women's County Champs.

LANCASHIRE WOMEN'S CC CHAMPIONSHIPS

At Blackburn, November 24th

1, C. Tranter (Stretford) 22:01
 2, M. Brennan (Preston) 22:25
 3, C. Haskett (Stretford) 22:33
 4, G. Foster (B&R) 22:42; 5, H. Matthews (B'burn) 22:51; 6, R. Young (B'burn) 24:02; 7, J. Asgill (Stret) 25:01; 8, M. Hodson (B&R) 25:02; 9, K. Holden (Pres) 25:14; 10, B. Robinson (B&R) 25:19; 11, M. Grainger (IM Marsh) 25:32; 12, A. Colley (Stret) 25:38; 13, S. Walsh (B&R) 25:49; 14, A. Lawson (Stret) 25:59; 15, P. Reece (B&R) 26:07. **Teams:** 1, Stretford 23; 2, Bury & Radcliffe 35; 3, IM Marsh 81; 4, Bolton 92; 5, Rossendale 124.

Intermediates

1, S. Holmes (Warr) 15:08; 2, S. Simkin (Old) 15:40; 3, S. Smart (Sutt) 16:02; 4, J. Horan (Ross) 16:11; 5, A. Maslivec (Bolt) 16:18; 6, J. May (Ross) 16:25; 7, E. Foster (Bury) 16:31; 8, P. Barnett (Sale) 16:36; 9, M. Hindley (Bolt) 16:42; 10, J. Milligan (Bury) 16:43; 11, K. Strange (Warr) 16:56; 12, L. Cardwell (Lancs) 17:08; 13, C. Chapman (Bolt) 17:11; 14, J. Bullen (Stret) 17:16; 15, J. Aspinall (Ross) 17:25. **Teams:** 1, Rossendale 41; 2, Warrington 54; 3, Bury & Radcliffe 64.

Juniors

1, J. Lawrence (Pilk) 11:42; 2, J. Donovan (Water) 11:43; 3, P. Burns (L'pool) 11:44; 4, A. Matheson (Warr) 11:59; 5, K. Pilling (Ross) 12:01; 6, J. Doherty (Ross) 12:06; 7, L. Pritchard (Warr) 12:07; 8, S. Kerambrum (Pres) 12:07; 9, J. Knowles (Sutt) 12:08; 10, D. Pritchard (Warr) 12:13; 11, J. Hayston (Stret) 12:15; 12, T. O'Dwyer (Bury) 12:16; 13, S. Bush (B'burn) 12:20; 14, L. Taylor (Warr) 12:23; 15, L. Bowrass (Lancs) 12:29; 16, S. Barton (Sutt) 12:39; 17, P. Barnes (Ross)

GOLDEN VALE ATHLETIC CLUB

Second Annual

ELTHORNE 6

SIX MILES OPEN CROSS COUNTRY RACE

(Under A.A.A. Laws)

at ELTHORNE PARK, HANWELL,
LONDON, W.7.

ON SATURDAY, 2nd FEBRUARY, 1974

Start 3.00 p.m.

For the Elthorne Challenge Trophy
(Holders: Oxford University)

Prizes: Medals for first 3 teams (4 run, 3 score).
 First 4 Individuals, Prizes valued £10, £8, £6, £4.
 First 3 Veterans (over 40), Prizes valued £3, £2, £1.

Entry Fees: Individuals 10p, No team fee.
Entries to Mr. D. Barry, 30 Bedford Road, Ealing, London, W.13. (Enquiries: Phone 567-0705.)

Entries close Monday, 28th January, 1974

12:43; 18, A. Cockrane (Sale) 12:48; 19, T. Wood-
 yer (Sutt) 12:49; 20, C. Shaw (B'burn) 12:51.
Teams: 1, Warrington 35; 2, Rossendale 51; 3, Sutton 74; 4, Bury & Radcliffe 94; 5, Blackburn 132; 6, Lancaster & Morecambe 141; 7, Preston 142; 8, Liverpool 152.

Girls

1, T. Travis (Pilk) 11:49; 2, S. Barnett (Lanc) 12:01; 3, K. Rankin (Sale) 12:10; 4, D. Holmes (Warr) 12:15; 5, M. Byrom (Sale) 12:24; 6, J. Jones (Bury) 12:29; 7, J. Capewell (Warr) 12:32; 8, L. Holmes (Warr) 12:37; 9, J. Hill (Stret) 12:39; 10, J. Speers (Liv) 12:47; 11, C. Bingham (Lanc) 12:48; 12, C. Metcalfe (B'burn) 12:50; 13, C. Jackson (Liv) 12:54; 14, J. Fay (St Jos) 12:56; 15, B. Hill (Warr) 12:59. **Teams:** 1, Warrington 34; 2, Stretford 64; 3, Bury & Rad 89; 4, Liverpool 89; 5, Sale 96; 6, Huyton 139; 7, Lancaster 145; 8, Blackburn 149; 9, Rossendale 171; 10, Preston 199.

CHESHIRE WOMEN'S CC CHAMPIONSHIPS

At Winsford, November 24th

Seniors

1, M. Ashcroft (Wall) 15:27; 2, B. Mujubar (Wall) 15:42; 3, T. Wild (Sale) 15:58; 4, J. Poyner (Stret) 16:20; 5, S. Lloyd (Wall) 16:57; 6, L. Hughes (Sale) 17:09. **Teams:** 1, Wallasey 8; 2, Stretford 20.

Intermediates

1, A. Robinson (Sale) 10:23; 2, J. Williamson (Sale) 10:34; 3, B. Schofield (Sale) 10:39; 4, C. Nicholls (Sale) 11:08; 5, G. Pile (Sale) 11:20; 6, J. Boydell (Stret) 11:36. **Teams:** 1, Sale 6; 2, Winsford 28.

Juniors

1, S. Parker (App) 5:29; 2, L. Garner (Warr) 5:44; 3, J. Lewtas (Wins) 5:47; 4, N. Towndrow (Alt) 5:56; 5, C. Reeves (Sale) 5:57; 6, S. Hesp (App) 5:58; 7, B. Noland (Alt) 5:59; 8, J. Thompson (Wins) 6:01; 9, M. Rogerson (Sale) 6:03; 10, F. Fehilly (Sale) 6:03; 11, B. Wilshire (Sale) 6:03; 12, D. Skelland (App) 6:05; 13, I. Fisher (App) 6:05; 14, S. Williamson (Sale) 6:05; 15, S. Gibbins (Wins) 6:08. **Teams:** 1, Appleton 19; 2, Sale 24; 3, Winsford 26; 4, Altrincham 33; 5, Poynton 53; 6, Sale 'B' 54; 7, Wallasey 76.

Girls

1, S. Holder (Sale) 5:50; 2, K. Stocks (Alt) 5:56; 3, S. Hunt (Alt) 6:01; 4, F. Janowski (Sale) 6:05; 5, P. Gough (Sale) 6:07; 6, J. Jordan (Ches) 6:09; 7, V. Simpson (Wins) 6:22; 8, G. Stirling (Sale) 6:24; 9, J. Warren (Wins) 6:24; 10, A. Jenkinson (Sale) 6:25; 11, S. Kennerly (Sale) 6:29; 12, B. Clifton (Warr/Ind) 6:31; 13, H. Gresty (Sale) 6:33; 14, J. Thompson (Wins) 6:34; 15, J. Judge (S'port) 6:35. **Teams:** 1, Sale 10; 2, Altrincham 27; 3, Winsford 30; 4, Sale 'B' 34; 5, Chester 40; 6, Appleton 64; 7, Stockport 70; 8, Chester 104.

Cambridge Harriers Dominate

CAMBRIDGE HARRIERS scooped up the senior honours in last Saturday's Medway women's cross-country relays at Gillingham, as their A, B and C teams took first three places, and Glynis Goodburn ran the fastest lap of the day. She took the A team into a lead they never lost on the first leg round the slippery, frozen course in 7:25. Tonbridge's Nina Silburn clocked the fastest Intermediate lap (8:11), also on the first leg and giving her club a winning start, but perhaps the most meritorious effort of the day came from Michelle Cobden in the Junior race. She scampered round in 7:33 (half a minute faster than anyone other than Glynis Goodburn managed in even the Senior event), but the field was so spread out by the time she took over on the final lap that her efforts only raised Selsonia from sixth to fifth. Lesley Pamment (7:43) gave Cambridge Harriers a long lead at the start, but Lorraine Byrne fell heavily on the last lap and host club Medway AC came past for victory. P. Brighty (Crawley) was a runaway winner of the Girls individual race in a fast time. The races were sponsored by "Athletics Weekly".

Cliff Temple

Senior 3 x 2000m

1, Cambridge H (G. Goodburn 7:25, A. Dunn 8:04, L. Taylor 8:15) 23:44; 2, Cambridge 'B' (M. Russell 8:45, J. Kelly 8:28, E. Barnes 8:18) 25:31; 3, Cambridge 'C' (H. Rider 8:37, M. Mutton 8:29, S. Thompson 8:38) 25:44; 4, Medway 26:03; 5, Bedford College 26:58; 6, Selsonia 28:02. **Fastest:** Goodburn 7:25, Dunn 8:04, L. Cobden (Sel) 8:05.

Intermediate 3 x 2000m

1, Tonbridge (N. Silburn 8:11, R. Otley 9:43, S. Powell 9:16) 27:10; 2, Homewood School, Tenterden (K. Franks 8:57, V. Chipchase 9:39, J. Fullagar 8:58) 27:34; 3, East Kent AC (S. Hart 10:21, E. Ball 10:00, H. Crome 9:40) 30:01. **Fastest:** Silburn 8:11, C. Chaplen (Sel-ns) 8:17, C. Whatford (Folk-ns) 8:21.

Junior 3 x 2000m

1, Medway (N. Jackson 8:30, G. Whittingham 9:07, C. King 8:51) 26:28; 2, Cambridge (L. Pamment 7:43, H. Lyle 9:35, L. Byrne 9:28) 26:46; 3, East Kent AC (J. Bourne 8:28, C. Love 9:46, P. Nichols 8:46) 27:00; 4, Medway 'B' 27:24; 5, Selsonia 27:26; 6, Wigmore 29:18. **Fastest:** M. Cobden (Sel) 7:33; Pamment 7:43; K. Lyon (Ton-ns) 8:21.

Girls 2000m

1, P. Brighty (Craw) 8:05; 2, P. Baker (Homewood S) 8:19; 3, J. Austin (Wig) 8:29; 4, M. Cleaver (Camb) 8:36; 5, P. Radley (Sel) 8:49; 6, B. Totman (Camb) 8:52; 7, S. Boyden (Ton) 8:54; 8, K. Venes (EK) 8:56; 9, Fullagar (Homewood S) 8:58; 10, P. Simms (Camb) 9:00.

WRAP UP!

Keep Warm This Winter

Litesome 'Flareline' Sportsuit, with roll collar, zip pocket and sewn-in creases. In Nylon/Cotton material with contrast collar and cuffs, and stripe on legs. Colours: Navy/Canary trim, Navy/Scarlet trim, Scarlet/Black trim, Sky Top/Navy Trousers with contrasting trim, Light Green Top/Olive Green Trousers with contrasting trim.

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£5.95	£6.20	£6.59	£7.69

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Ken Barrington long sleeved, cotton cross country vest. White: 34in./36in., 38in., 40in. Royal: 30in./32in., 34in./36in., 38in., 40in. Emerald: 34in./36in., 38in., 40in. Scarlet: 38in. only. Tangerine: 30in./32in., 34in./36in., 38in. Please state second choice of colour.

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THE SPORTS CENTRE

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WALKING

PAUL NIHILL RETURNS AGAIN!

HAVING put in 300 training miles during November, Paul Nihill returned with a course record in the 'Selsdon Cup' 6M at South Croydon on December 1st in his first walk since his narrow defeat in the AAA 3000m in July. With Shaun Lightman forcing the pace, Nihill bided his time until the steep Gravel Hill had been climbed before bursting away on the last, easy 2 miles to win by 47 seconds from his training companion Allan Callow, with Lightman well back third. Paul's time, 43:51, brought a pleasant surprise for he was 49 seconds inside his previous course record set in 1970. Ron Laird had recorded 44:50 a year later after having convincingly won the Enfield '7' previously. With no set plans at present, Nihill's next race will be in the Belgrave inter-club '7' at Wimbledon on December 29th. Allan Callow continued his promising warm-up for Christchurch while both Roger Michel and John Nye confirmed their satisfying Belgrave Open '7' performances. 1, P. Nihill (Surrey) 43:51; 2, A. Callow (Bel-Gst) 44:38; 3, S. Lightman (Met-Gst) 45:52; 4, R. Michel 47:15; 5, J. Nye 48:10; 6, M. Fullager 48:32.

Big breakthrough by Frenchman. After being soundly beaten by Alan Buchanan the previous Saturday, Dennis Dugast covered an outstanding 13,084m in the hour at Paris on November 4th. Paced by Gerard Lelievre, who covered two metres more, Dugast passed 10km in 45:45 and went on to equal Olly Flynn's distance in winning the Highgate hour.

Junior commission could well inspire IAAF walk commission and boost International race walking. After a long talk with Palle Lassen,

chairman of the IAAF walking commission, one cannot help but be impressed by the Danish banker's enthusiasm and love of the sport fully realising that many of his compatriots on the commission, past and present, do not possess his drive and capacity for fruitful work. Palle advocates the setting-up of a junior commission consisting of younger men actively engaged in racing, organising or coaching to provide a direct link with the active competitor and the senior commission. Men who appear to be ideal as suitable material for such a post easily come to mind: Calderai and Muller (Switzerland), Herbert and Moulinet (France), De Gaetano, Corsaro and Dordoni (Italy), Bowman, Mortland and Denman (USA) and at least half a dozen from here in Britain. Let it be hoped that the go-ahead Dane is able to see his ideas realised because it certainly would encourage up to date ideas to the benefit of the sport as a whole and to the keen, aspiring competitor in particular. Too long race walking has suffered from a lack of imagination and adventure coming from the higher echelons of administration in the sport.

Today's Events. The Cambridge H '7' at Bexley will not include many of the top names partly due to the RWA General Committee Meeting and partly to the fact that many are using this period as a rest from competitive racing. However, the Belgrave foursome who are Christchurch bound next month will be competing and should gain another team victory from the ever game Leicester squad and a strong Surrey WC team.

Colin Young

WOMEN'S GREATER LONDON LEAGUE

Uxbridge, November 24th

Juniors

1, J. Robson (Middlesex)	9:02
2, C. Brace (Enfield)	9:02
3, L. Pamment (Cambridge H)	9:02
4, W. Smith (Felt) 9:04; 5, B. Madigan (WS&E) 9:07; 6, C. Holmes (Ux) 9:08; 7, B. Frank (Mitch) 9:12; 8, Smeeth (AF&D) 9:13; 9, T. Lattimore (Harl) 9:18; 10, S. Noble (Harl) 9:20; 11, C. Thixton (Mit) 9:21; 12, J. Oliver (Kt) 9:21; 13, H. Laws (Peter) 9:21; 14, S. Black (Hunt) 9:22; 15, S. Tedder (Mit) 9:23; 16, T. Harris (Felt) 9:24; 17, J. Ledger (N/s) 9:25; 18, D. Phillips (Camber) 9:26; 19, B. Samms (Ux) 9:28; 20, J. Bennett (WS&E) 9:30; 21, S. Morgan (Wyc) 9:31; 22, J. Jackson (Hav) 9:32; 23, M. Runalls (Ports) 9:32; 24, S. Smith (Enf) 9:33; 25, E. Giles (S'hampton) 9:34; 26, J. Barnett (And) 9:35; 27, M. Kirkwood (Brack) 9:35; 28, C. Brough (Kt) 9:36; 29, A. Tamplin (Harl) 9:36; 30, S. Bagley (Camb H) 9:37; 31, K. Ellis (AF&D) 9:39; 32, S. Gentle (Surr) 9:40; 33, F. Hayward (Sel) 9:41; 34, J. Menders (Hay H) 9:41; 35, J.	

Brown (Wok) 9:42; 36, N. Yearby (Ry) 9:43; 37, S. Atter (G'ford) 9:44; 38, D. Bell (Thurr) 9:45; 39, D. Wilkins (Ux) 9:45; 40, J. Howell (Ports) 9:46; 41, J. Rout (Felt) 9:47; 42, S. Waldron (Park) 9:48; 43, K. Hamilton (Read) 9:49; 44, K. Lyon (Ton) 9:50; 45, J. Brown (Sel) 9:51; 46, B. Cillins (AF&D) 9:52; 47, G. Butler (Enf) 9:53; 48, L. Ferguson (Barn) 9:53; 49, J. Hitchcock (AF&D) 9:54; 50, A. Steele (Hayes) 9:55; 51, C. Kindley (Ver) 9:56; 52, J. Sadler (N/s) 9:57; 53, J. Atter (G'ford) 9:58; 54, J. Powell (Camber) 9:59; 55, J. Carroll (Enf) 10:00; 56, D. Brown (Mit) 10:01; 57, C. Simmonds (Croy) 10:01; 58, K. Trunly (Ilf) 10:02; 59, P. Bryant (Ver) 10:03; 60, J. Webb (E&E) 10:03.

Teams: 1, Mitcham 89; 2, Feltham 123; 3, Enfield 128; 4, Aldershot, Farnham & Dist 134; 5, Windsor, Slough & Eton 178; 6, Uxbridge 181; 7, Harlow 259; 8, Wycombe 270; 9, Portsmouth 296; 10, Epsom & Ewell 297; 11, Crawley 304; 12, Cambridge H 309; 13, Camberley 320; 14, Reading 334; 15, Ryde 336; 16, Guildford 340; 17, Croydon 366; 18, Selsonia 367; 19, Hillingdon 392; 20, Southampton & Eastleigh 402; 21, Verlea 428; 22, Woking 443; 23, Huntingdon 443; 24, Andover 456; 25, Essex 460.

HOLDING HANDS ON THE ILKLEY MOORS

NORTHERN IRELAND and Scotland just had no chance of beating a Northern Counties team studded with Yorkshiremen in an inter-area match on the edge of Ilkley Moors at Guiseley on November 24th. Local runner Dave Slater and fellow county runners John Temperton and Dennis Coates came home together well ahead of the field trying to hold hands like the 'Bisto Kids', but that sort of nonsense was nipped by the officials. Slater was given the verdict and the three shared the same time of 33:35.

Obviously they would have liked to have shared the first prize for they all worked together against a cruel wind that spoilt many others' chances. Andy McKean of Scotland was the first to battle single handed against it, but rejoined the leading group of Dave Logue of North Belfast Harriers, Coates, Slater, Temperton, Ian Gilmour (Scotland), and Mike Baxter (North) with Bob Patterson (North) and Ian Elliott (Scotland) not far behind.

The gale rather than the pace picked them off until Logue was the sole challenger to the Northern trio. His turn came in the last mile and the Yorkshire task force drew ahead. Their team colleagues closed in by the tenth place, and Northern Ireland had the satisfaction of packing their scoring sixth before Scotland's but nevertheless were beaten into third place.

In an inter-league match, George Jordan of Rochdale and John Harrison of Bolton took the first two positions for the Red Rose League, but West Yorkshire's depth of Alan Spence, Andy Reade, Steve Hollings, Brian Hilton and Peter Moon filled the following placings and took the team award.

Joe Lancaster

KETTERING CHARITY CUP At Kettering, November 17th

1. R. Brewitt (South Holland) 35:00
2. W. Allen (Kettering Town) 35:07
3. M. Knowles (Leicester Coritanian) ... 35:14
4. J. Haus (Notts) 36:01; 5. A. Toseland (Kett) 36:12; 6. P. Bourne (Notts) 36:14; 7. K. Lee (Notts) 36:15; 8. G. O'Carroll (Notts) 36:48; 9. E. Whymant (Kett) 37:02; 10. Nevill (Rug) 37:20; 11. P. Fryer (Notts) 37:25; 12. Edwards (Leics) 37:36; 13. R. Clark (Lut) 37:38; 14. G. Shaw (Kett) 37:46; 15. R. Perry (S Holland) 38:02; 16. Bridges (Rug) 38:20; 17. I. Robertson (New) 38:24; 18. R. Campbell (S Holl) 38:29; 19. R. White (Kett) 38:48; 20. Oliver (Leics) 38:58. **Teams:** 1, Notts 62; 2, Kettering Town 70; 3, Leicester 117; 4, Luton Utd 209; 5, Newark 241.

Youths

1. C. Taylor (Kett) 16:47; 2. M. Halden (Work) 17:10; 3. K. Darby (Notts) 17:29; 4. V. Scrim (Work) 17:46; 5. D. Dougherty (Notts) 17:55; 6. T. Barber (Work) 17:59; 7. P. Scott (Work) 18:04;

INTER-AREA MATCH

1. D. Slater (Northern CCA) 33:35
2. J. Temperton (Northern CAA) 33:35
3. D. Coates (Northern CAA) 33:35
4. D. Logue (NI) 33:42; 5. M. Baxter (NCAA) 33:51; 6. A. McKean (SC) 33:59; 7. I. Gilmour (SC) 34:02; 8. R. Patterson (NCAA) 34:04; 9. I. Elliott (SC) 34:07; 10. R. Harrison (NCAA) 34:13; 11. D. Gunstone (SC) 34:20; 12. C. Falconer (SC) 34:38; 13. C. Pennington (NI) 34:45; 14. R. Wilde (NCAA) 34:52; 15. J. Calvert (NCAA) 34:58; 16. G. Price (NI) 35:00; 17. I. Morrison (NI) 35:07; 18. D. Martin (NI) 35:08; 19. I. Annett (NI) 35:25; 20. F. Brown (SC) 35:28; 21. T. White (NI) 35:30; 22. T. Price (NI) 35:59; 23. W. Day (SC) 36:05; 24. D. Price (NI) 36:57. **Teams:** 1, Northern Counties 29; 2, Scotland 65; 3, Northern Ireland 87.

INTER-LEAGUE MATCH

1. G. Jordan (Red Rose) 34:46
2. J. Harrison (Red Rose) 34:47
3. A. Spence (West Yorkshire) 34:52
4. A. Reade (West Yorks) 35:28; 5. S. Hollings (W Yorks) 35:39; 6. B. Hilton (W. Yorks) 35:41; 7. P. Moon (W Yorks) 35:43; 8. N. Ward (Red Rose) 35:45; 9. A. Greenwood (S Yorks) 35:57; 10. R. Dunn (North & Durh) 35:58; 11. J. Pearson (N&D) 36:00; 12. D. Mayho (N&D) 36:08; 13. M. Partington (RR) 36:33; 14. E. Crossland (WY) 36:36; 15. C. Robinson (RR) 36:41; 16. T. Hunter (N&D) 36:46; 17. G. Entwistle (RR) 36:48; 18. H. Matthews (N&D) 37:00; 19. J. Salt (RR) 37:47; 20. D. Dixon (N&D) 37:49. **Teams:** 1, West Yorks CC League 39; 2, Red Rose League 56; 3, Northumberland & Durham & N. Yorks 87; 4, South Yorks CC League 143.

8. R. Hill (Notts) 18:25; 9. R. McGrory (Kett) 18:48; 10. M. Critchon (Notts) 18:51. **Teams:** 1, Worksop 12; 2, Notts 16; 3, Kettering 22; 4, South Holland 45.

Women

1. L. Robson (Leam) 16:50; 2. V. Davey (Leam) 18:20; 3. K. Gamble (Kett) 19:08; 4. C. Vaughan (Leam) 20:28; 5. M. Watts (Kett) 21:56.

Middlesex WAAA annual awards for county athletes: Lady (Noel) Curtis-Bennett Trophy for the most outstanding senior—Joyce Smith; Shaftesbury Cup for the best intermediate—Carol Mathers; Frank Swallow Memorial Trophy for the best junior—Cheryl Cox.

Puma award winners for 1973 in the Stretford Track League are:—Young female, J. Lawrence; Senior female, C. Haskett; Young male, D. Bluemink; Senior male, A. Carter/B. Bullen (tie). Thanks go to A. Reader & Co Ltd for their generous support in this way.

Are you planning an invitation race in 1974? Why not let the experts take the worry from you — THE BRITISH MILERS' CLUB

Any distance from 400 metres to 5,000 metres for men and 400 metres to 3,000 metres for women can be arranged in any part of the United Kingdom. We particularly welcome requests from sponsors to stage races in Northern Ireland, Scotland, Wales, North-East and North-West England and the Midlands. Races must be staged on well kept tracks. Overseas BMC members can also run in your races in accordance with IAAF Rules. Clashes with Area championships must be avoided.

Here are two unsolicited testimonials from satisfied authorities:—

"I wish to thank you for your help in organising the ladies 800 metres and men's mile events at the Wakefield Trophy Meeting. Both these events provided exciting and interesting racing for the spectators and other athletes present." Signed B. L. Owen, Entertainments Officer, London Borough of Hillingdon.

"... Though I was unable to watch the greater proportion of the athletic events, I understand there was an improved standard this year and that the 5,000 metres invitation race was an item in the programme which provided considerable interest and excitement and that a new record for the track was set." Signed E. Nash, Director of Parks, London Borough of Bexley.

The BMC also staged the then fastest miles of the year in May, 1973, Loughborough, July, 1973 in Southgate, a sub 4 minute mile at Motspur Park and a 4 x 1500 U.K. Native record at the Crystal Palace. Contact the National BMC Secretary, 201 Sumatra Road, N.W.6., for advice on your invitation race problems.

Indoor Record for Bull

Mike Bull set a UK indoor pole vault best of 5.07/16'7½" in competition at Queen's University Sports Complex on November 25th. At the same venue on October 3rd he had cleared 5.18/17'0" during an exhibition. Mike, who competes also in the Commonwealth decathlon, produced N Ireland indoor records for the high jump (a personal best of 1.87/6'1½") and shot (14.12/46'4") at Queen's on November 21st in the NIAAA's first indoor meet of the season.

EDINBURGH-GLASGOW RELAY

Jim Logan writes: In addition to Andy McKean's stage 6 record of 31:00, Jim Alder set new figures on Stage 1 with 26:43, beating the joint record of 26:50 set by John Myatt (Strathclyde University, now Law & District) and Mike Bradley (Springburn) in 1968 and 1969 respectively; and Gareth Bryan-Jones' 27:02 on Stage 8 beat the joint record of 27:31 set in 1971 and 1972 respectively by Henry Summerhill and Albert Smith. The remaining stage records are as follows: Stage 2, 27:14, Ian Stewart, 1972; Stage 3, 21:05, Ian Hathorn, 1966; Stage 4, 27:37, Andy Brown, 1965; Stage 5, 25:58, Dick Wedlock, 1972; Stage 7, 23:53, Gareth Bryan-Jones, 1972. The race, as usual was sponsored by 'The News of the World'.

Reader's Letter

TOO YOUNG

Dear Sir,

Re the Cosford Games Women's 800. Once again we have the administration of a section of our sport scoring a black mark. I would have thought that an athlete who did well enough to finish in fifth place in the final of last year's race and is constantly improving would have been allowed another chance this year, but this is not so. Her entry has been rejected, not on the standard of her performance, but because she was born a little too late. Again we have a typical example of non-encouragement of youth.

E. Lawrence,
Pilkington H&AC

STARTING NEXT WEEK

THE TEMPLE REPORT

A four-part investigation into the current state of British athletics at all levels, and a guide to future trends, by **Cliff Temple**—'Sunday Times' athletics correspondent, active distance runner, qualified coach and official, meeting prompter, NUTS member... a man who has travelled extensively abroad and in Britain reporting our sport.

High Class Entry for Philips Cosford Games

THIS weekend's Philips Cosford Games have attracted the highest quality entry yet for this fixture with some 45 Christchurch-bound athletes taking the opportunity to gauge their current state of fitness.

David Jenkins has his sights on the world indoor 600m best of 76.7 by Lee Evans (as a professional) and Martin Bilham's amateur record of 77.7, and his opponents will be the same as in his previous foray over the distance: Pete Browne, Colin Campbell and Bill Hartley. Another highlight could be the 3000m, in which Ian Stewart—if recovered from his recent knee injury—will make his return to the boards. John Kirkbride, Ray Smedley and Ricky Wilde feature among the opposition. Top action in the field events should come in the shot, where Geoff Capes—pushed by Mike Winch and Bill Tancred—will again be aiming for 67ft (20.42m), and in the pole vault where Mike Bull—if he is able to dash over from Ireland in time—will clash with arch-rival Brian Hooper.

Sonia Lannaman v Andrea Lynch in the 60 and Joan Allison v Norine Braithwaite v Rosemary Wright in the 800 are just two of several attractive contests in the women's events.

Entries include . . .

60: G. Edwards, B. Green, D. Halliday, C. Monk. **400:** J. Aukett, P. Browne, C. Campbell, J. Chivers, G. Cohen, W. Hartley, A. Pascoe, J. Wilson. **600:** P. Browne, C. Campbell, W. Hartley, D. Jenkins. **800:** P. Browne, C. Campbell, J. Davies (Sale), A. Gibson, Phil Lewis, M. Winzenried (US). **1500:** C. Campbell, J. Davies (Sale), D. Moorcroft, R. Smedley. **3000:** M. Benn, J. Bicourt, A. Birks, J. Cadman, S. Hollings, J. Kirkbride, R. Newble, R. Smedley, I. Stewart, R. Wilde. **2000SC:** J. Bicourt, S. Hollings, R. McAndrew. **60H:** G. Gower, P. Kelly, C. Kirkpatrick, A. McKenzie, B. Price. **HJ:** M. Butterfield, P. Lance, C. Wilson. **PV:** M. Bull, S. Chappell, B. Hooper, K. Stock, A. Williams. **LJ:** P. Blackburn, A. McKenzie, P. Scott. **TJ:** P. Blackburn, W. Clark, C. Colman, D. Johnson, J. Vernon. **SP:** J. Alderson, G. Capes, W. Tancred, M. Winch.

Women's 60: S. Colyear, S. Lannaman, A. Lynch, D. Murray, C. Salmond, G. Spurgin, J. Vernon. **400:** S. Colyear, G. Dourass, R. Kennedy, E. McMeekin, J. Roscoe, E. Saunders, D. Webster, R. Wright. **800:** J. Allison, N. Braithwaite, G. Dourass, R. Wright. **1500:** J. Allison, T. Bateman, N. Braithwaite, C. Curthoys, M. Stewart. **60H:** L. Drysdale, J. Honour, L. Ilott, B. Thompson, J. Vernon, A. Wilson. **HJ:** D. Brown, T. Dainton, P. Dimmock, R. Few, B. Lawton, R. Watt, A. Wilson, S. Wright. **LJ:** M. Chitty, J. Honour, R. Martin-Jones, M. Nimmo, S. Reeve, P. Williams, A. Wilson. **SP:** B. Bedford, J. Kerr, R. Payne, D. Swinyard.

COSFORD INDOOR MEETING

Photos by Tim Pike

Sonia Lannaman (21) running in the 60 metres on November 17th which she won in 7.5. Averil McClelland is number 28 and Gillian Spurgin number 38.



Christine Curthoys won the 1500m 'B'—actually 1700m by mistake—in 5:11.6.



David Jenkins leads in 600m from Bill Hartley, Colin Campbell and Pete Browne.

COSFORD GAMES TIMETABLE

Friday, December 7th: 19.00—800 hts, HJ; 19.15—women's 800 hts; 19.30—400 hts, jnr SP; 20.10—women's 400 hts; 20.30—60 hts; 20.50—1500 hts; 21.05—women's 1500 hts; 21.15—400 sf; 21.30—women's 400 sf; 21.40—60 sf.

Saturday, December 8th: 12.00—women's 60H hts, women's LJ; 12.20—women's 60 hts; 12.45—jnr 60 open; 13.00—inter 60 open; 13.15—women's

60 sf; 13.30—youth 60 open; 13.50—800 final; 13.55—women's 60H final; 14.00—60 final, PV, LJ; 14.10—women's 60 final; 14.20—3000 'A'; 14.30—60H hts; 14.45—women's 400 final; 14.55—400 final; 15.05—60 Hurdles final; 15.10—SP, women's HJ; 15.15—youth 800 open; 15.30—jnr 800 open, TJ; 15.45—2000SC; 15.55—3000 'B'; 16.10—600 inv, women's SP; 16.20—women's 800 final; 16.30—women's 1500 final; 16.40—1500 final.

YOUNG ATHLETES' RESULTS from page 13

7, Luton 46:18; 8, Blackheath 46:49; 9, Shaftesbury 'B' 47:34; 10, Hillingdon 'C' 48:10. 12 teams finished. **Fastest:** Benjamin 10:25.

Colts 2M Race

1, T. Currant (Lut) 11:11; 2, T. Nugara (TVH) 11:14; 3, P. Borass (HW) 11:18; 4, M. Philpott (Hill) 11:32; 5, J. Baker (Hill) 11:36; 6, A. Hughes (Shaft) 11:38; 7, T. Gladwell (Hill) 11:42; 8, A. Edgeworth (Hill) 11:52; 9, L. Starkey (Shaft) 12:05; 10, A. Phillips (Bigg) 12:08; 11, V. Clark (Bas) 12:09; 12, J. Mayhew (HW) 12:10; 13, J. Fraser (Lut) 12:14; 14, S. Jeffrey (TVH) 12:15; 15, C. Privett (Shaft) 12:19; 16, K. Crook (TVH) 12:25; 17, F. Mooney (Shaft) 12:27; 18, A. Cunningham (Shaft) 12:29; 19, D. Cole (Har) 12:31; 20, S. Noonan (WSE) 12:33. **Teams:** 1, Hillingdon 16; 2, Shaftesbury 30; 3, TVH 32; 4, Luton 54; 5, Biggleswade 56; 6, Hercules Wimbledon 70.

**SCHOOLS INTER-COUNTIES
CROSS COUNTRY****At Basingstoke, November 10th****Seniors 4M**

1, M. Gratton (Kent) 22:13
2, P. Williams (Kent) 22:45
3, B. Dawkins (Hants) 22:53
4, P. Holland (Lon) 22:59; 5, P. Lee (Kt) 23:00;
6, Logan (Surr) 23:10; 7, N. Skipper (Hants)
23:21; 8, D. Elston (Hants) 23:26; 9, Stay (Kt)
23:27; 10, G. Coe (Lon) 23:28; 11, Orr (Surr)
23:29; 12, J. Broadway (Hants) 23:30; 13, Melson
(Surr) 23:30; 14, C. Marshall (Kt) 23:33; 15,
Pursell (Surr) 23:34; 16, Smith (Kt) 23:35; 17,
F. Barton (Lon) 23:55; 18, A. Simmons (Herts)
23:56; 19, D. Bright (Lon) 23:59; 20, Rezin
(Surr) 24:01; 21, M. Furlonger (Hants) 24:07; 22,
L. Williams (Herts) 24:10; 23, Paterson (Kt)
24:12; 24, T. Williams (Kt) 24:18; 25, Green
(Surr) 24:20; 26, Owens (Kt) 24:20; 27, I. Smith
(Lon) 24:20; 28, Delves (Kt) 24:24; 29, N. Mans-
field (Lon) 24:25; 30, R. Marshall (Kt) 24:25.
Teams: 1, Kent 47; 2, Hampshire 69; 3, Surrey
90; 4, London 106; 5, Kent 'B' 162; 6, Hamp-
shire 'B' 239.

Inters 2½M

1, M. O'Reilly (Lon) 14:38; 2, N. Martin
(Hants) 14:52; 3, M. Howarth (Hants) 14:53; 4,
D. Beaver (Lon) 14:55; 5, R. Swann (Hants)
14:58; 6, J. Wilson (Surr) 15:08; 7, P. Shepperd
(Hants) 15:12; 8, Sewell (Kt) 15:15; 9, M. Tom-
kins (Lon) 15:15; 10, Brown (Kt) 15:15; 11,
Armitage (Kt) 15:16; 12, Sharland (Surr) 15:19;
13, De Giovanni (Surr) 15:19; 14, D. Clarke (Kt)
15:19; 15, Rezin (Surr) 15:19; 16, Ancient (Surr)
15:21; 17, D. Crouch (Hants) 15:21; 18, D.
Chambers (Lon) 15:21; 19, Searle (Surr) 15:21;
20, R. Young (Hants) 15:21; 21, Newman (Kt)
15:22; 22, Arnott (Kt) 15:22; 23, D. Hanson
(Lon) 15:22; 24, Walden (Surr) 15:25; 25, K.
Downer (Hants) 15:25; 26, Ribbons (Surr) 15:25;
27, Wood (Kt) 15:25; 28, T. Newton (Hants)
15:30; 29, S. Smythe (Lon) 15:30; 30, M. Oven-

tull (Lon) 15:30. **Teams:** 1, Hampshire 54; 2, Lon-
don 69; 3, Surrey 81; 4, Kent 99; 5, London 'B'
203; 6, Surrey 'B' 209; 7, Hampshire 'B' 214;
8, Kent 'B' 249; 9, Kent 'C'.

STRETTFORD SCHOOLS LEAGUE**At Turn Moss, November 10th****Boys (U/17) 3M**

1, M. Francis (A Turner Sch) 15:35; 2, D.
Aldred (Mos Brock HS) 15:44; 3, S. Powell (W
Hulme GS) 15:56. **Teams:** 1, Moston Brook HS
22; 2, Alfred Turner Sch 25; 3, William Hulme
GS 60.

U/15 2½M

1, S. Marston (Sadd) 13:51; 2, F. Peters (Mos
B) 14:07; 3, G. Dunlop (Sadd) 14:09. **Teams:** 1,
Saddleworth SS 17; 2, Wright Robinson HS 39;
3, Moston Brook HS 48.

U/13 1½M

1, G. Blackley (W Rob) 10:37; 2, D. Wheel-
don (W Hulme) 10:39; 3, A. MacDonald (Sadd)
10:49. **Teams:** 1, Saddleworth SS 43; 2, Stret-
ford GS 43; 3, Wright Robinson HS 45.

Women U/17 1½M

1, G. Walters (Yew T) 10:12; 2, L. Taylor
(A Turner) 10:15; 3, J. Hayston (Will) 10:15.
Teams: 1, St Patricks 26; 2, Wilbraham HS 29;
3, Alfred Turner 41.

Girls U/15 1½M

1, D. Cooper (St P) 10:13; 2, J. Capewell (A
Turner) 10:15; 3, J. Hayston (Wilb) 10:15. **Teams:**
1, St Patricks 26; 2, Wilbraham HS 29; 3, Alfred
Turner Sch 41.

Girls U/13 1½M

1, D. Walters (Yew T) 7:21; 2, J. Hill (Wilb)
7:30; 3, I. Williams (Wilb) 7:30. **Teams:** 1, Wil-
braham HS 30; 2, St Patricks 33; 3, Alfred Turn-
er 74.

Walsall Schools v Sutton Coldfield Schools,

October 15th. (U/15) 1, Bailey (SC) 17:20; 2,
Genever (SC) 17:35; 3, Paxton (SC) 17:36; 4,
Adamski (W) 17:45; 5, Williamson (SC) 17:47; 6,
Murphy (SC) 17:49. **Teams:** Sutton Coldfield 49;
Walsall 100. **(U/13)** 1, Jackson (SC) 16:18; 2,
Bartlett (SC) 16:20; 3, Harrison (W) 16:32. **Teams:**
Sutton Coldfield 44; Walsall 105. **(Girls U/16)** 1,
J. Hinkley (W) 2, D. Tennant (W); 3, S. Benham
(SC). **Teams:** Walsall 26; Sutton Coldfield 29.
(U/14) 1, J. Trevor (W) 10:23; 2, J. Robinson (S)
10:39; 3, I. Cochran (S) 10:42; 4, N. Poole (S)
10:46. **Teams:** Sutton Coldfield 29; Walsall 55.

The new track fixtures secretary (men) for
Southampton & Eastleigh AC is B. Drayton, 38
Hartley Road, Bishoptoke, Hants SO5 6JB.

The National Women's Inter-Counties Cross-
Country Championship will be held at Bedfords
Park, Romford, Essex, on January 26th. Would
all county secretaries please write to Mr. J. W.
Naylor, 34 Newmarket Way, Hornchurch, Essex
RM12 6DS, for further details.

OFFICERS ELECTED

East Kent Ladies & East Kent AC: (Men's section) President, J. Hoskins; secretary, R. F. R. Clark, 66 Bournemouth Drive, Herne Bay, Kent, CT6 8HH. (Ladies' section) President, A. Hoskins; secretary, Miss L. Burtenshaw, 142 Canterbury Road, Herne Bay (Tel: Herne Bay 61923). (General) Chairman, Mrs J. I. Fossey; treasurer, H. E. Putter. The Men's section of Herne Bay AC has only been in existence a few months and it is looking for fixtures, particularly for younger members.

Victoria Park H: President, A. Coombes; secretary, A. C. Pearson, 40 Waverton House, Jodrell Road, Bow, London E3; treasurer, M. Carr; track sec, J. Anstey, 9 James House, Solebury Street, London E1; CC sec, K. Lowe; ladies' sec, Mrs. E. Cooper.

Lancashire WAAA: Patron, Lady Pilkington; president, Mrs. R. Taylor; chairman, L. Duerdin; secretary, Mrs. R. Scott, 14 Senior Road, Peel Green, Eccles, Lancs; treasurer, Mrs. E. Lightfoot; champs sec, Mrs. E. Copley, 17 Calderstones Avenue, Liverpool L18 6HX.

Portsmouth Atlanta AC: President, Brigadier T. H. Clarke; chairman, E. Loader; secretary, Mrs. V. Tubb, 46 Oliver Road, Southsea, Hants; treasurer, Mrs. P. Hawkesworth.

Halesowen AC: Chairman, A. E. Hay; general secretary, P. Worrall, 14 Goodwyn Avenue, Oldbury, Warley, Worcs B68 0ES; ladies' sec, Mrs. J. Smallwood; treasurer, C. Grant.

Rotherham H: President, B. Steeple; chairman/treasurer, P. G. Wood; general secretary, R. G.

Rowbotham, 68 Wickersley Road, Rotherham, S60 3PP (Tel: 2675); CC sec, D. J. Haywood; track sec, R. Newsome.

Cheltenham & County H: Chairman, B. G. Hower; secretary, D. Hobby, 8 Cleeve Rise, Newent, Glos; treasurer, D. McNamee; track fixture sec, S. W. Collins; CC fixture sec, J. Tull.

Kent AC: President, R. Hale; general secretary, P. Yates, 18 Claremont Crescent, Crayford, Kent (Tel: 29 25860); treasurer, G. Stead; ladies' sec, Mr. N. Porter; track sec, K. Turnbull; CC sec, K. Hill.

Epsom & Ewell H: President, D. N. Brookes; secretary, K. D. Vaughan, 51 Sunnymede Avenue, West Ewell (Tel: 01 393 5519); treasurer, D. N. Turner; winter fixture sec, J. Dixon, 9 Lyncroft Gardens, Ewell, Surrey; summer fixture sec, P. Smith, 67 Ember Farm Way, East Molesey, Surrey.

Hillingdon AC: President, J. Tozer; secretary, E. Shirley, 3 Woodhall Avenue, Pinner, Middx; treasurer, H. Trudgett; track fixture sec (Men's) J. Ayres; (Women's) G. Coxon.

Middlesex County AAA are holding written tests for track and field judges, timekeepers and starters, at the Polytechnic, Regent Street, London W1, in Room 80, at 6.30 p.m., on Friday, January 11th. Intending candidates should contact E. Baines, 224 Mount Pleasant Road, London, N17, enclosing the fee of 25p per test, not later than January 4th.

Frank Shorter (USA) won last Sunday's Fukuoka Marathon in 2:11:45.

FINNISH RUNNING SECRETS

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In Paavo Nurmi's pre-World War II era, the Finns were untouchable as distance runners. They dominated the Olympics and world record lists. Now, after a long lull, they're back in nearly the same position. Olympic champions Lasse Viren and Pekka Vasala are at the forefront of a large new crop of champions.

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RAF v. CAMBRIDGE UNIVERSITY v. EASTERN COUNTIES

At Cambridge, November 10th

1. Grenville Tuck (Eastern Counties) ... 29:28
2. J. Wild (RAF) 30:00
3. R. Crabb (RAF) 30:13
4. R. Treadwell (Camb) 30:17; 5. D. Cox (Camb) 30:27; 6. R. Bean (EC) 30:34; 7. M. Dell (Camb) 30:38; 8. R. Donkin (RAF) 30:42; 9. M. Turner (Camb) 30:47; 10. K. Daykin (RAF) 31:16; 11. K. Clifford (Camb) 31:33; 12. K. Vooght (RAF) 31:35; 13. J. Horner (EC) 31:36; 14. G. Smith (EC) 31:40; 15. R. Bryan (EC) 31:43; 16. G. James (EC) 31:52; 17. H. St John (Camb) 31:56; 18. P. Armstrong (Camb) 32:03; 19. P. Carr (RAF) 32:05; 20. J. Duggan (RAF) 32:07; 21. S. Appleton (RAF 'B') 32:12; 22. M. Spence (Camb 'B') 32:18; 23. J. Davey (EC) 32:20; 24. A. Jukes (EC 'B') 32:30; 25. C. Lee (RAF 'B') 32:32; 26. J. Sellers (Camb 'B') 32:43; 27. W. Getty (RAF 'B') 32:47; 28. K. O'Connor (Camb 'B') 32:49; 29. E. Sabberton (EC 'B') 32:51; 30. P. Rudkin (RAF 'B') 32:57. **Teams:** 1, Cambridge Univ 53; 2, RAF 54; 3, Cambridge Univ 'B' 181; 6, E Counties 'B' 211. **Ely Trophy:** 1, RAF 35; 2, Eastern Counties 43.

NORTH OF THE THAMES JUNIOR CHAMPIONSHIPS

At Woodford Green, November 17th

1. J. Odlin (North London) 24:21
2. P. Cheate (Essex Beagles) 24:30
3. K. Steere (Cambridge & Coleridge) ... 24:33
4. P. Norrel (H&S) 24:35; 5. L. Gough (Ess B) 24:41; 6. F. Brady (Lon I) 24:51; 7. K. Vooght (Wyc P) 24:56; 8. S. Martin (Ess) 24:13; 9. R. Krushaar (Hill) 25:19; 10. N. Gibbs (Hill) 25:21; 11. N. Hughes (Esss) 25:23; 12. D. Watts (Ess) 25:24; 13. A. Proberts (N Lon) 25:25; 14. S. Knight (E&S) 25:32; 15. R. Aiken (Lon I) 25:35; 16. C. Smith (Hill) 25:41; 17. E. Sabberton (C&C) 25:45; 18. D. Marshall (Wyc) 25:51; 19. D. Hardstaff (N Lon) 25:55; 20. G. Bennison (Barn) 25:59; 21. A. Boast (C&C) 26:01; 22. R. Taylor (N Lon) 26:05; 23. T. O'Brien (Lon I) 26:06; 24. C. Gordon (Ess) 26:13; 25. C. Murray (Wyc) 26:14; 26. J. Arnold (E&S) 26:15; 27. D. Bucke (C&C) 26:17; 28. B. Kemp (E&S) 26:19; 29. G. Archer (Hill) 26:20; 30. G. Murray (Hill) 26:22; 31. I. Wiggett (N Lon) 26:28; 32. P. Taylor (Barn) 26:29; 33. C. Pearce (C&C) 26:30; 34. J. Ainsley (Vic P) 26:35; 35. S. Toolan (Lon I) 26:38; 36. K. Bailey (TVH) 26:41; 37. D. Blackmore (N Lon) 26:48; 38. D. Walden (Ess) 26:53; 39. R. Charney (TVH) 26:54; 40. K. Lowe (Vic P) 26:54; 41. D. Wolfe (Hill) 26:56; 42. R. Marmoy (H&S) 26:57; 43. A. Poynter (Wal) 26:58; 44. B. Nethercott (H&S) 26:59; 45. I. McFarlane (Wyc) 27:00; 46. W. Gilby (N Lon) 27:01; 47. B. Ballard (Ess) 27:03; 48. A. Stafford (N Lon) 27:14; 49. D. Musgrove (TVH) 27:26; 50. P. Puri (TVH) 27:29.

Team: 1, Essex Beagles 26; 2, North London 55; 3, Hillingdon 64; 4, Cambridge & Col 68; 5, London Irish 79; 6, Wycombe Phoenix 95; 7, Ealing & Southall 138; 8, Haringey & Southgate

161; 9, TVH 174; 10, Victoria Pk 203; 11, Barnet 214; 12, Loughton 249; 13, Walthamstow 275; 14, Watford 308. **(8 to score):** 1, Essex Beagles 147; 2, North London 217; 3, Hillingdon 246; 4, Cambridge & Col 294; 5, London Irish 330; 6, Loughton 598; 7, Walthamstow 660.

NORTH KENT CROSS-COUNTRY CHAMPIONSHIPS

At Aylesford, November 24th

1. J. Huntingford (Cambridge H) 28:30
2. M. Paul (Cambridge H) 29:02
3. C. Brown (Cambridge H) 29:10
4. M. Reader (Med) 29:27; 5. A. Falconer (Camb H) 29:35; 6. T. Joyce (ER) 29:58; 7. A. Pankhurst (Med) 30:16; 8. M. Jury (ER) 30:22; 9. M. Martin (Med) 30:24; 10. B. Nash (Dart) 30:27; 11. B. Mahon (Camb H) 30:33; 12. S. Russell (Med) 30:47; 13. B. Middleton (Camb H) 30:57; 14. R. O'Hara (Camb H) 31:01; 15. M. Fielding (Camb H) 31:15.

Teams: 1, Cambridge H 11; 2, Medway 32; 3, Elliott Reed 51.

LIVINGSTON AAC OPEN 7M ROAD RACE

November 24th

An in-form Eddie Knox won the inaugural "Livingston 7", run over a fast two lap course in ideal weather conditions. Knox and Ronnie Knowles went in front when early leader Bill Yate began to tire at the mile mark, passing the half way stage together in 16:57. Shaking off a challenge from Chris Lennox, Knox and Knowles waged a ding-dong battle all the way round the second lap until Knox finally got the edge on his youthful rival over the last 200 yards.

1. E. Knox (Springburn) 34:00; 2. R. Knowles (Edin AC-Jnr) 34:06; 3. C. Lennox (Spr) 34:55; 4. A. McFarlane (Spr) 35:12; 5. W. Yate (Mary) 36:00; 6. C. Joss (Bella) 36:22; 7. P. McGregor (VP) 36:43; 8. D. Taylor (EAC) 36:48; 9. F. Gribben (EAC) 36:58; 10. W. Ramage (Spr) 37:13; 11. M. Logue (VP) 37:16; 12. J. Keenan (EAC) 37:22; 13. G. Duff (Livingston) 37:26; 14. S. Watson (Mary) 37:32; 15. S. Asher (EAC) 37:39. **Teams:** 1, Springburn 8; 2, Edinburgh AC 19; 3, Maryhill 41; 4, Livingston 56. First veteran: W. Ramage.

DEREK BOOSEY FOR CANADA

Derek Boosey (31), who represented the UK in the Mexico Olympics triple jump, has been appointed as Canadian National Coach (Jumps). He will work with the Technical Director of Canadian Athletics, Lynn Davies, the Tokyo Olympic long jump champion. Derek's immediate responsibility will be training the top Canadian athletes for the 1976 Montreal Olympics.

Derek, who takes up his new post in January, is currently Deputy Director of Sport at the University of Sussex. From 1971 to September 1973, he was Secretary of the International Athletes' Club and, for two years, was Meeting Director of the Coca-Cola International Meeting.

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SPORTS ARENA

ALBERT ROAD, S.E.25.

Clubs and Organisations wishing to hire the running track and field for Athletic Meetings during the Summer Season (1st April to 30th September, 1974) should apply to the Chief Officer of Parks, 19 South End, Croydon CR0 1BE, for details and application forms. Completed forms should be returned to him by the 31st December, 1973.

THAMES VALLEY HARRIERS

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

SATURDAY, 22nd DECEMBER, 1973

At Memorial Hall, Cranford High Street
2.15 p.m.—Dalmaine Trophy 12-U/14 on 1/9/73
2.45 p.m.—T.V.H. Cup 14-U/16 on 1/9/73
Entries by 12th 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.

Joyce Smith Back in Action

Joyce Smith has made a successful return after four months away from racing with a hairline fracture of the leg. She won a 2500m cross-country event at Erpel (W Germany) last Sunday in 10:33.2 ahead of Christel Rosenthal and Ellen Tittel. Ricky Wilde was 6th in the men's 10,500m race, won by Willy Polleunis (Belgium).

Other races last Sunday: At Lyon—1, Yifter (Eth) 25:12; 2, Koty (Eth) 25:15; 3, Jourdan (Fra) 25:21; 4, Liardet (Fra) 25:22; 5, GRENVILLE TUCK (Eng) 25:30; 6, CHRIS STEWART (Eng) 25:37 . . . 9, MICK BEEVOR (Eng) 25:47. At Barcelona—1, Haro (Spa) 24:33; 2, Smet (Bel) 24:38; 3, JOHN DAVIES (Wal) 25:18; 4, Warnke (Chile) 26:06; 5, LACHIE STEWART (Sco) 26:10; 6, Janssens (Bel); 7, JIM McGUINNESS (N Ire).

November 25th

Vets AC 5½ Miles Cross Country Handicap: 1, R. Johnson (2:00) 30:07; 2, S. Charlton (3:00) 30:17; 3, E. Goodwin (6:30) 31:07. Fastest: Johnson 32:07.

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More League Results

ESCAFIELD LEAGUE

At Sheffield, November 14th

1, K. Angus (Tupton House)	20:26
2, T. Coyle (Didsbury)	20:28
3, P. Dring (Army Apprentices Coll) ...	20:30
4, G. Mouncastle (Leeds Un) 20:31; 5, D. O'Donnell (Sheff Un) 20:41; 6, D. Fleming (Brad Un) 21:01; 7, G. Tarry (Leeds) 21:01; 8, J. McSherry (Hallam) 21:05; 9, P. Ryder (Brad) 21:08; 10, J. Barber (Hull) 21:12; 11, R. Dunn (Sheff) 21:15; 12, S. Beardsell (Holm) 21:19; 13, M. Armitage (Holm) 21:20; 14, M. Gue (AAC) 21:23; 15, R. Eagle (Sheff) 21:24; 16, M. Dudderidge (Leeds) 21:25; 17, N. Duggan (Brad) 21:37; 18, N. Canham (Did) 21:41; 19, A. Waters (Did) 21:51; 20, K. Lunn (Sheff) 21:52. Teams: 1, Leeds University 49; 2, Sheffield University 51; 3, Bradford Univ 53; 4, Didsbury 68; 5, AAC 76; 6, Sheffield 'B' 122.	

BIRMINGHAM & DISTRICT LEAGUE (Division 1)

At Great Barr, November 24th

1, I. Stewart (Birchfield)	25:55
2, A. Holden (Tipton)	26:37
3, K. Rollason (Tipton)	26:40
4, R. Fowler (Stoke) 26:44; 5, P. Stewart (B'field) 26:59; 6, J. King (S Heath) 27:03; 7, M. Kearns (B'ham Un) 27:03; 8, M. Peake (B'field) 27:10; 9, A. Birks (Stoke) 27:11; 10, M. Hill (Glos) 27:13; 11, A. Adams (Stoke) 27:14; 12, B. Cole (Tip) 27:15; 13, D. Biddle (S Heath) 27:20; 14, R. Tilling (B'field) 27:27; 15, J. Wright (Tip) 27:32; 16, R. Cytlau (Glos) 27:34; 17, K. Boyden (Tip) 27:35; 18, M. Phillips (B'field) 27:38; 19, K. Bartlett (Co G) 27:39; 20, D. Fownes (Tip) 27:40; 21, Mick Rollason (S Heath) 27:41; 22, R. Calvert (S Heath) 27:44; 23, S. Lawrence (B'ham Un) 27:50; 24, R. Smedley (B'ham Un) 27:57; 25, A. Bradley (Tip) 27:55; 26, T. O'Reilly (S Heath) 27:56; 27, J. Boggis (B'field) 28:00; 28, D. Ritchie (B'field) 28:01. Teams: 1, Tipton 69; 2, Birchfield 73; 3, Small Heath 119; 4, City of Stoke 127; 5, Birmingham Un 173; 6, Gloucester 207; 7, Leamington 355; 8, Coventry Godiva 364.	

Youths

1, J. Tierney (S Heath) 15:46; 2, G. Kendall (Tip) 15:48; 3, S. Fowler (Stoke) 15:54; 4, P. Ryder (Stoke) 16:09; 5, P. Heddy (Glos) 16:11; 6, B. Martyniuk (Glos) 16:30; 7, D. Carey (Stoke) 16:32; 8, R. Barseloth (Glos) 16:34; 9, M. Leeson (B'field) 16:51; 10, P. Johnson (Stoke) 16:55; 11, M. Toland (S Heath) 16:58; 12, S. Talbot (Stoke) 17:04. Teams: 1, City of Stoke 14; 2, Gloucester 19; 3, Small Heath 25; 4, Tipton 43; 5, Birchfield 62; 6, Coventry Godiva 111.

(Division 2)

At Nuneaton, November 24th

1, D. Hope (Worcester Nomads)	37:47
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2, E. Hansen (Nuneaton H)	37:55
3, D. Cooper (Worcester Nomads)	38:06
4, H. Elliott (W&B) 38:22; 5, J. Shemilt (W&B) 38:23; 6, P. Lynch (Rug & Dist) 38:32; 7, K. Bowers (Newcastle, Staffs) 38:41; 8, S. Coomer (W&B) 38:47; 9, B. Forster (Rug & Dist) 38:55; 10, J. Peck (Hales) 38:55; 11, B. Cook (W&B) 39:02; 12, S. Chabowski (Staff) 39:11; 13, G. Rhodes (Staff) 39:14; 14, H. Elder (W&B) 39:32; 15, J. Mills (Spark) 39:37; 16, P. Baker (Spark) 39:43; 17, C. Hunt (W&B) 39:45; 18, L. Kilkenny (Staff) 39:49; 19, S. Lee (W&B) 39:53; 20, B. Edwards (Spark) 39:58; 21, A. Lee (Staff) 40:00; 22, T. Thomas (Rug) 40:02; 23, N. Jinks (Worcs N) 40:05; 24, E. Williams (Shrew) 40:08; 25, P. Larkin (New) 40:10. Teams: 1, Wolverhampton & Bilston 59; 2, Sparkhill 134; 3, Stafford 139; 4, Worcester Nomads 145; 5, Rugby & Dist 162; 6, Nuneaton 222; 7, Newcastle, Staffs 243; 8, Shrewsbury 248; 9, Halesowen 279.	

Youths

1, M. Cadwallader (W&B) 19:34; 2, M. Edgecumbe (Spark) 19:39; 3, M. Kemball (W&B) 19:55; 4, E. Worrall (Spark) 20:21; 5, N. Ainsworth (Rug) 21:38; 6, A. Grant (Hales) 21:41; 7, A. Armbrister (Nun) 21:50; 8, A. Nock (Hales) 21:51; 9, K. Sammonds (W&B) 21:53; 10, S. Wood (Shrew) 21:58. Teams: 1, Wolverhampton & Bilston 13; 2, Sparkhill 24; 3, Nuneaton 32; 4, Halesowen 35; 5, Shrewsbury 56.

NORTH MIDLAND LEAGUE

At Nottingham, November 24th

1, M. Tagg (Derby & Co)	32:20
2, A. Domleo (Derby & Co)	32:20
3, J. Norman (Notts)	32:29
4, G. Thompson (Notts) 32:36; 5, P. Romaine (S Holl) 32:47; 6, M. Knowles (Leics) 32:48; 7, J. Eley (Der) 32:54; 8, W. Allen (Kett) 33:03; 9, K. Hinton (Der) 33:10; 10, J. Haug (Notts) 33:18; 11, D. Moorcroft (L'boro' Coll) 33:34; 12, R. Brewitt (S Holl) 33:41; 13, R. Bailey (Roth) 33:47; 14, M. Exton (S Holl) 33:56; 15, P. Horell (L'boro) 33:57; 16, A. Toseland (Kett) 33:58; 17, W. Eldridge (Scun) 33:59; 18, P. Bourne (Notts) 33:59; 19, P. Lindsell (Mat Coll of Ed) 34:04; 20, S. Baker (Notts) 34:10. Teams: 1, Derby & Co 13; 2, Notts 55; 3, South Holland 118; 4, Kettering Town 119; 5, Loughboro' C 132; 6, Notts 'B' 207; 7, Grimsby 241; 8, Rotherham 248; 9, Leicester C 270; 10, Plessey 296.	

Youths

1, B. Moss (Notts) 16:35; 2, N. Field (S Holl) 16:44; 3, D. Rowe (Derby) 16:48; 4, K. Derby (Notts) 16:56; 5, M. Taylor (Sheff) 17:01; 6, J. Haldon (Work) 17:08; 7, C. Witham (Notts) 17:15; 8, J. Edwards (Leics) 17:20; 9, S. Daglish (Sutt-in-Ash) 17:23; 10, N. Courtney (Leics) 17:23. Teams: 1, Notts 12; 2, Leicester 'B' 33; 3, Work-sop 35; 4, Derby & Co 36; 5, Sutton-in-Ashfield 55; 6, Sheffield Utd 70; 7, Leicester 'A' 81; 8, Rotherham 81; 9, South Holland 83; 10, Peterborough 106.
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