

February 14th 1976 Vol. 30 No. 7

a **weekly**

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

athletics

INSIDE

- * Jerome Drayton (Canada) —by Cecil Smith
- * Brian Adams & Virginia Lovell Featured
- * Overseas News and Results
- * Welsh Cross-Country Championships



15p

ANDREA LYNCH
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in the indoor
match against the
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RESULTS IN BRIEF**November 22nd**

British Railways Staffs Assn CC Champs. 1, P. Williams (S) 25:31; 2, R. Gibbard (LM) 25:47; 3, W. Wilkinson (E) 26:18; 4, A. Sharp (S) 26:21; 5, R. Hill (LM) 26:37; 6, J. Cox (LM) 26:56; 7, J. Walsh (LM) 27:10; 8, T. Billington (LM) 27:12; 9, J. Milne (Scot) 27:35; 10, D. Mullen (S) 27:51.

January 11th

International CC, Landon, Belgium: 1, K. Lis-mont (Bel) 28:39; 2, E. Van Mullem (Bel) 28:40; 3, R. Crabb (AFCENT) 29:34; . . . 11, W. Venus (AFCENT) 31:20; 12, N. Evans (AFCENT) 31:51; 20, P. Dring (AFCENT) 32:27; 32, P. McCay (AFCENT) 33:58; 41, R. Bain (AFCENT) 34:34; 50, M. Harrison (AFCENT) 35:18. **Teams:** 1, Daring Club, Louvain 22; 2, AFCENT 26.

International Railways Staff CC, Vedrin, Belgium: 1, M. Smet (Bel); 2, R. Lismond (Bel); 3, R. Schoofs (Bel); . . . 19, P. Williams; 31, Gibbard; 34, G. Young; 36, A. Sharp; 39, J. Cox. **Teams:** 1, Belgium 92; 2, Bulgaria 158; 3, England 159.

January 17th

Bristol University Invitation CC Match at Bristol: 1, R. Francis (West) 30:31; 2, T. Reed (West) 32:07; 3, G. Blackburn (West) 32:43; 4, W. Valentine (Torb) 32:57; 5, T. Jones (Bris Un) 33:27; 6, C. Street (West); 7, M. Levery (Bath Un); 8, M. Awre (Bris); 9, C. Ridley (West); 10, M. Paine (Torb). **Teams:** 1, Westbury 33; 2, Bristol Univ 112; 3, Bath Univ 135; 4, Torbay 139; 5, Bristol AC 1531; 6, St Lukes 264.

January 18th

International CC, Neeroeteren, Belgium: 1, W. Polleunis (Bel); 2, E. DeBeck (Bel); 3, M. Fletcher (Chelm); . . . 8, J. Willoughby (Chelm); 11, P. Fletcher (Chelm); 16, R. Charleston (Chelm); 33, B. Hill-Cottingham (Chelm); 40, C. Turner (Chelm); 43, T. Farrow (Chelm). **Team:** Chelmsford 22. (**Juniors:** 1, Boutsen (Bel); 2, Crommen (Bel); 3, R. Woodley (Chelm).

Vets AC Club CC Champs. 1, R. White (22:00; 19:10; 2, G. Eastwood (10:40) 22:24; 3, L. Brown (6:50) 23:10. Fastest: 1, D. Devey 27:00; 2, D. Bywater 27:27; 3, J. Green 27:51.

Polytechnic H 9M CC Champs. 1, J. Barnard 49:06; 2, P. Wilks 49:47; 3, S. Ray 49:50; 4, D. Barrington 51:14; 5, A. Hicks 51:33; 6, N. Mahy 52:19.

January 21st

Highgate H Open Meeting at Parliament Hill. 100: 1, A. Bell (Wake) 11:2; 2, N. Dutt (Ver) 11:3; 3, S. Clark (BoE) 11:3. 400: 1, R. Milne (G&G) 49:9; 2, S. Trew (BoE) 50:8. 5000m Paarlaf: 1, Batty & Davidson (Thurr) 12:57:4; 2, Odlin & Hardstaff (N Lon) 13:00:3; 3, Benjamin & Galvin (Hill) 13:11:2.

ATHLETICS WEEKLY

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Meet SUPERSPIKE

—in next week's 'AW'

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THE WEEK AHEAD

Saturday, February 14th: CAU Inter-Counties CC Championships, Allestree Park, Derby (Youths — 1.30, Juniors — 2.00, Seniors — 2.45) (Senior and Junior races will serve as final English selection trial for International CC); Scottish CC Champs, Coatbridge; NI Senior Men & Veterans CC Champs, Lurgan; Scottish WAAA Indoor Champs, Perth; London 10M Walk Champs, Battersea Park; Elthorne '6' CC Race, Hanwell; Gower '11', Swansea; Liverpool Boundary H Parbold Hill Race, Bispham; Westward CC League, South Molton; Courages CC League, Cheltenham; Icknield Women's CC League, Huntingdon; Redhill & Reigate Winter Track Meeting, Crystal Palace; Vets AC 5M CC, Putney Vale.

Sunday, February 15th: Midland Women's CC Champs, Cannock; Spenborough & Dist Winter Track Meeting; Sale H Open Track Meeting, Stretford.

Monday, February 16th: Army Women's CC Champs, Pirbright.

Wednesday, February 18th: Selwyn College Relay; Midland Police CC League; Derby; Highgate H Open Meeting, Parliament Hill.

Thursday, February 19th: Army CC Champs, Pirbright.

Friday, February 20th: RAF CC Champs, Halton; Royal Navy CC Champs, Portsmouth.

POLE RECORD POLE

Within 48 hours of Dan Ripley (USA) raising his world indoor pole vault best to 5.54/18'2½" in Los Angeles on February 6th, Tadeusz Slusarski succeeded him as record holder by clearing 5.56/18'2½" at the Polish Indoor Championships in Warsaw. Geoff Capes' triumphal progress in the USA came to an end last weekend but his distances were still remarkable in view of the fact that he was competing with a badly strained finger on his putting hand. He will compete at Winnipeg on February 14th prior to returning for the European Indoor Championships. Indoor results from last weekend:

6.2. Los Angeles. Mile: Dixon (NZ) 4:00.2, Cummings 4:00.9; 60yH: Drut (Fra) 7.0; HJ: Woods 2.23/7'4", Stones 2.23; PV: Ripley 5.54/18'2½", SP: Wilkins 20.84/68'4½", Feuerbach 20.72/67'11½", CAPES 20.69/67'10½", Hoglund (Swe) 20.40/66'11½". **7.2 Louisville.** 5000m: NICK ROSE 13:52.4; SP: Shmook 20.68/67'10½", CAPES 20.55/67'5". **7/8.2. Warsaw.** 1500: Janczuk 3:45.4, GLEN GRANT 3:45.4; PV: Slusarski 5.56/18'2½". **8.2 Orleans.** Women's 60m: Telliez (Fra) 7.34.

Cover photo by Ed Lacey

LEAGUE RACES

ESSEX CROSS-COUNTRY LEAGUE

At Colchester, January 10th

1, R. Young (Havering) 29:29
 2, P. Fletcher (Chelmsford) 29:51
 3, J. Willoughby (Chelmsford) 29:51
 4, M. Fletcher (Chelm) 30:01; 5, I. Davidson (Thurr) 30:04; 6, R. Charlston (Chelm) 30:10; 7, G. Barr (Thurr) 30:17; 8, D. Stokes (Thurr) 30:24; 9, B. Stowe (S'end) 30:32; 10, M. Batty (Thurr) 30:36; 11, P. Cheater (Ex B) 30:42; 12, P. Bryan (Hav) 30:53; 13, C. Dungar (Norf) 31:15; 14, C. Ward (Thurr) 31:25; 15, D. Horsup (Thurr) 31:44; 16, T. Butcher (Ips) 31:47; 17, B. Diss (Hav) 31:51; 18, C. Turner (Chelm) 31:52; 19, C. Marr (Chelm) 31:52; 20, S. Taylor (Hav) 31:53; 21, A. Bird (New) 32:01; 22, D. Smith (S'end) 32:04; 23, M. Pringuer (Col) 32:10; 24, J. Halliday (Hav) 32:20; 25, Hewitt (S'end) 32:26; 26, B. Hill-Cottingham (Chelm) 32:30; 27, B. Concannon (Har) 32:39; 28, T. Fowler (Chelm) 32:44; 29, D. Spassat (S'end) 32:46; 30, M. Allison (W Suff) 32:53. **Teams:** 1, Chelmsford 33, 2, Thurrock 44; 3, Havering 74; 4, Southend 127; 5, Colchester 210; 6, Basildon 218; 7, Ipswich 264; 8, Essex Beagles 281; 9, Newham 283; 10, Harlow 296.

Youths/Boys

1, E. Martin (Bas) 18:43; 2, G. Fell (Ex B) 18:58; 3, P. Kemp (Ex B) 18:58; 4, G. Edwards (Thames) 19:30; 5, I. Croxford (Chelm) 19:34; 6, S. Wilson (Ips) 19:35; 7, C. Moss (Norf) 19:36; 8, F. Cornwell (Ex B) 19:56; 9, L. Brown (Bas) 19:57; 10, B. Hoyte (Ex B) 20:04; 11, E. Wood (Chelm) 20:06; 12, P. Findlay (Ex B) 20:13; 13, M. Beckwith (Har) 20:20; 14, S. Ellwood (Chelm) 20:21; 15, J. Christie (Norf) 20:22. **Teams:** 1, Essex Beagles 23; 2, Chelmsford 46; 3, Basildon 53; 4, Norfolk 60; 5, Ipswich 123; 6, Colchester 130; 7, Thameside 130; 8, Southend 149; 9, Harlow 208; 10, Thurrock 218. **(Colts):** 1, A. Clay (Ex B) 9:46; 2, B. Pontin (Har) 9:47; 3, D. Harrison (Thames) 9:52; 4, M. Orr (Chelm) 9:54; 5, C. Hines (Thurr) 9:56; 6, C. Thomas (Col) 10:00; 7, H. James (Norf) 10:01; 8, M. Cowdry (Col) 10:08; 9, C. Whellans (Bas) 10:10; 10, P. Barr (Bas) 10:23. **Teams:** 1, Colchester 47; 2, Chelmsford 55; 3, Harlow 63; 4, Essex Beagles 67; 5, Norfolk 72; 6, Basildon 82.

Senior Women

1, M. Wilcox (Chelm) 22:18; 2, P. Broughton (Har) 23:06; 3, K. Lloyd (W Suff) 24:30. **Teams:** 1, Chelmsford 13; 2, Harlow 22; 3, West Suffolk 23. **(Inters):** 1, J. Ager (W Suff) 14:35; 2, C. Mullender (Chelm) 14:59; 3, C. Rogers (W Suff) 15:32; 4, S. Lambert (Ips) 15:39; 5, L. Smith (New) 15:59; 6, C. Hawthorne (Bas) 16:18. **Teams:** 1, West Suffolk 32; 2, Chelmsford 39; 3, Norfolk 43; 4, Basildon 45; 5, Ipswich 45;

6, Newham 47. **(Juniors):** 1, A. Rothwell (Chelm) 9:56; 2, H. Scutcher (Ips) 10:00; 3, K. Grierson (Bas) 10:01; 4, H. French (Bas) 10:03; 5, L. Smith (Col) 10:09; 6, J. Davies (Ips) 10:20; 7, J. Fox (Chelm) 10:30; 8, C. Easter (Norf) 10:32; 9, J. Dawson (Chelm) 10:35; 10, Y. Wilcox (Chelm) 10:37. **Teams:** 1, Chelmsford 27; 2, Basildon 37; 3, Ipswich 39; 4, Norfolk 69; 5, Harlow 95; 6, Colchester 101. **(Girls):** 1, C. Eyres (Har) 9:14; 2, M. Owers (Chelm) 9:25; 3, L. Feary (Col) 9:20; 4, J. Cole (Har) 9:30; 5, S. Bentley (Chelm) 9:31; 6, J. Smith (Bas) 9:44; 7, S. Noble (Har) 9:45; 8, S. Reynold (Chelm) 10:07; 9, C. Gould (Chelm) 10:09; 10, E. Christie (Norf) 10:12. **Teams:** 1, Chelmsford 24; 2, Harlow 24; 3, Norfolk 64; 4, Thameside 80; 5, Ipswich 87; 6, Colchester 117.

RAF LONDON CC LEAGUE

At Stanmore Park, January 7th

1, Broad (Mill H) 32:37; 2, Kevin (Bic) 33:47; 3, Rimmer (Halt) 34:50; 4, Williams (H Wyc) 35:00; 5, Martin (Chess) 35:19; 6, Hough (Mill H) 35:30; 7, Bott (Chess) 35:35; 8, Tudball (Wool) 35:39; 9, Midgeley (North) 35:58; 10, Cobley (H Wyc) 36:17. **Teams:** 1, Chessington 365; 2, High Wycombe 361; 3, Halton 345; 4, Mill Hill 326; 5, High Wycombe 'B' 315; 6, Halton 'B' 306.

At RAF Chessington, January 15th

1, Kevin (Bic) 32:42; 2, Rimmer (Halt) 33:24; 3, Bott (Chess) 33:30; 4, Martin (Chess) 33:35; 5, Johnson (Chess) 34:05; 6, Stokes (North) 34:51; 7, Midgeley (North) 34:56; 8, Cobley (H Wyc) 34:59; 9, Jordan (H Wyc) 35:00; 10, Standley (Ches) 35:03. **Teams:** 1, Chessington 382; 2, Halton 355; 3, High Wycombe 354; 4, Northolt 320; 5, West Drayton 310; 6, Halton 300.

SOUTH EAST POLICE CC LEAGUE

At Wimbledon, January 14th

1, Wayland (Sy) 30:47; 2, Brady (Herts) 31:10; 3, Young (Hants) 31:14; 4, Newman (Thames V) 31:40; 5, Collins (Thames V) 31:55; 6, Kitson (Thames V) 32:36; 7, Butler (Ex) 32:54; 8, Richardson (Cty Lon) 32:55; 9, Shunter (Sx) 33:28; 10, Evans (Kt) 33:44. **Teams:** 1, Kent 278; 2, Thames Valley 267; 3, Essex 253; 4, Hampshire 221; 5, City of London 167; 6, Surrey 106. **(Women):** 1, Ryder (Kt) 13:12; 2, McCauley (Ex) 13:15; 3, Aldous (Ex) 14:09; 4, Prouse (Ex) 14:16; 5, Smith (Ex) 14:16; 6, Harding (Cty Lon) 14:24. **Teams:** 1, Essex 230; 2, Kent 208; 3, City of London 189.

RHEIN AREA RAF CC LEAGUE

At 15th COD Viersen, January 14th

1, Crabb (Wild) 29:21; 2, Altgessen (AFCENT) 29:25; 3, Dring (21 S) 29:31; 4, Hegarty (21 S) 29:43; 5, Robertson (21 S) 29:49; 6, Frith (Laar) 29:52; 7, McCay (Weg) 30:14; 8, Stocks (21 S) 30:30; 9, Turvey (21 S) 30:40; 10, Wood (21 S) 30:53; 11, Davis (Wild) 31:02; 12, Wright (Laar) 31:12; 13, Beckett (JHQ) 31:25; 14, Taylor (21 S) 31:34; 15, Briscoe (21 S) 31:41. **Teams:** 1, 21st

Signal 867; 2, Wildenrath 803; 3, 21st 'B' 769; 4, 15th COD 709; 5, 13th Sig 627; 6, Laarbruch 618.

AGGREGATE CC LEAGUE

At RMA Sandhurst, January 21st

1, Davies (7th P) 31:38; 2, Turner (RE Cove) 31:38; 3, Keenan (AAC) 32:16; 4, Spacie (Para D) 32:20; 5, Hall (SEE/A) 32:25; 6, Tarrant (Sult) 32:29; 7, Mudie (RM/P) 32:48; 8, Heath (RM/P) 33:00; 9, Carthy (Osp) 33:07; 10, Jacklin (3rd P) 33:23; 11, Hazelhurst (Met P) 33:35; 12, Harding (7th P) 33:46; 13, Double (Merc) 33:50; 14, Young (Hants P) 33:51; 15, Anderson (Met P) 33:52; 16, McClenaghan (Nel) 33:53; 17, Baker (RCT) 33:54; 18, Townsend (Dry) 33:55; 19, O'Neill (Daed) 34:06; 20, Robson (Merc) 34:18. **Teams** (Div 1): 1, 7th Para 134; 2, 3rd Para 226; 3, Daedalus 233; 4, Met Police 244; 5, Sultan 467; 6, SEE Arborfield 492; 7, SEME 545; 8, AAC Middle/W 565; 9, Nelson 576; 10, Collingwood 694. (Div 2): 1, RM Poole 73; 2, HQ 16th Sig 111; 3, RE Cove 160; 4, RCT Buller 178; 5, 7th Para 'B' 225; 6, Hants Police 241.

METROPOLITAN CC LEAGUE

At Woodford, January 24th

1, A. Catton (Ilford) 25:03
2, J. Odlin (North London) 25:05
3, C. Moxsom (Woodford Green) 25:10
4, G. Dugdale (TVH) 25:28; 5, N. King (Lon I) 25:31; 6, M. O'Reilly (High) 25:51; 7, D. Cox (W Gn) 25:56; 8, J. Dryden (Shaft) 26:00; 9, P. Holland (N Lon) 26:03; 10, A. Ross (Ver) 26:05; 11, G. Willshire (High) 26:09; 12, B. Walters (TVH) 26:15; 13, P. Coyle (Lon I) 26:20; 14, A. Falero (TVH) 26:22; 15, T. Jones (High) 26:24; 16, R. Davies (Ver) 26:27; 17, D. Davies (TVH) 26:34; 18, J. Abberton (Poly) 26:36; 19, M. English (N Lon) 26:38; 20, D. Clark (Ver) 26:43; 21, D. Coates (Ilf) 26:44; 22, C. Reed (W Gn) 26:45; 23, P. Fagan (Lon I) 26:46; 24, J. McNamara (TVH) 26:54; 25, G. Staunton (Lon I) 26:55; 26, D. Beaver (Poly) 26:58; 27, P. McCracken (N Lon) 26:59; 28, P. Chivers (E&S) 27:02; 29, M. Emms (W Gn) 27:03; 30, M. Dixon (Ver) 27:04; 31, T. Pribul (W Gn) 27:10; 32, G. Goodman (TVH) 27:13; 33, T. Phipps (Ver) 27:19; 34, J. Batchelor (Ilf) 27:21; 35, J. Barnard (Poly) 27:23; 36, G. Elmore (Shaft) 27:24; 37, D. Hardstaff (N Lon) 27:25; 38, S. Sharp (W Gn) 27:26; 39, R. Porter (Ver) 27:30; 40, J. Arnold (E&S) 27:33; 41, H. Artiss (Ver) 27:47; 42, H. Anderson (Ilf) 27:47; 43, D. Wilcox (N Lon) 27:47; 44, T. Ryan (N Lon) 27:48; 45, E. Morran (Shaft) 27:48; 46, R. Charney (TVH) 27:51; 47, D. Gooding (Hay) 27:52; 48, J. Knight (N Lon) 27:54; 49, J. Offley (TVH) 27:59; 50, S. McHugh (Ver) 28:01. 227 finished.

Teams: 1, TVH 2222; 2, Verlea 2208; 3, North London 2207; 4, Woodford Green 2177; 5, Highgate 2116; 6, Ilford 1911; 7, Hillingdon 1510; 8, Polytechnic 1493; 9, London Irish 1407; 10, Verlea 'B' 1335. (**Veterans:** 1, P. Wilks (Poly) 28:40; 2, R. Macey (Ver) 29:10; 3, D. Plater (Ilf) 29:18. **Teams:** 1, Hillingdon 48; 2, Woodford Green 52; 3, TVH 63.

Youths/Boys

1, R. Rose (Hill) 18:36; 2, O. Lamb (TVH) 18:39; 3, A. Nugara (TVH) 18:44; 4, A. Marshall (Hill) 18:57; 5, L. Cockett (W Gn) 19:01; 6, T. Bradbury (Shaft) 19:08; 7, J. Powell (TVH) 19:10; 8, M. Philpott (Hill) 19:10; 9, S. Jeffreys (TVH) 19:22; 10, M. Pattenden (Ver) 19:24; 11, P. Thorne (TVH) 19:26; 12, B. Budd (Ver) 19:28; 13, M. Stevens (E&S) 19:28; 14, D. Jenkins (Ver) 19:43; 15, G. Treadwell (Hill) 19:50; 16, A. Cunningham (Shaft) 19:52; 17, S. Wolton (Hill) 19:57; 18, D. Boyle (Hill) 20:00; 19, A. Gilham (Ilf) 20:03; 20, D. Hawkins (Shaft) 20:05; 21, J. Randall (Ver) 20:06; 22, S. Murray (W Gn) 20:08; 23, F. Hampton (Hill) 20:11; 24, P. White (TVH) 20:15; 25, G. Knox (Hill) 20:17. **Teams:** 1, TVH 275; 2, Hillingdon 268; 3, Verlea 239; 4, Shaftesbury 228; 5, Woodford Green 228; 6, Hillingdon 'B' 214. (**Colts:** 1, A. Gilling (Hill) 13:45; 2, I. Clark (Shaft) 13:54; 3, J. Hymns (TVH) 13:58; 4, D. Wardell (Shaft) 14:08; 5, G. Finnerty (Poly) 14:22; 6, C. Gallagher (TVH) 14:24; 7, M. Jameson (TVH) 14:29; 8, J. Moyes (Shaft) 14:30; 9, A. Robinson (W Gn) 14:35; 10, G. Staines (Ver) 14:42; 11, P. Simons (Shaft) 14:43; 12, B. Udejiofo (N Lon) 14:48; 13, P. Sexton (Lon I) 14:49; 14, M. Dwyer (TVH) 14:52; 15, S. Sheffield (W Gn) 14:53. **Teams:** 1, Shaftesbury 251; 2, TVH 246; 3, Hillingdon 202; 4, Verlea 199; 5, North London 191; 6, Woodford Green 176.



Betty Samms (Uxbridge) winning the Intermediate race in the Beryl Davies meeting.

J. H. Brown

PLAIN WINS WELSH TITLE AT LAST

BERNARD PLAIN has won many Welsh Championships over the years, but unbelievably never a Welsh senior CC title—but on January 31st in Cardiff's Castle Grounds he rectified this to become the first Cardiff athlete to win since Norman Horrell in the early 1960's.

Plain's main aim this year is of course to win selection for Montreal, and the day after his win he started his "run-in" for the Olympic Trial marathon on May 8th by beginning a 2-week cycle of training. His plan is to run 140 miles the first week, dropping to 120 on the second, right up to the last but one week before the Trial, when he will ease down and go on the "diet".

The week before his win, he had run 112 miles, including 11 the previous day, but this appeared not to have affected him as he led a bunch of ten at the end of the first of the four 3,000m laps. The next time around, however, this group was down to four—Plain, holder Steve Gibbons, Dic Evans, and the surprise of the race, European Junior steeplechase champion Micky Morris, who had won the Welsh Junior title the previous week. Mike Critchley followed a few strides back, with Peter Ratcliffe and Malcolm Thomas running together a further couple of yards away.

Going into the last lap, Plain had dropped everyone except 19-year-old Morris, who was last year's Welsh **Youths'** CC champion. The pace finally told and Plain got away about a mile from home, coming in a good winner in 36:47, with Morris only 10 sec behind. Without doubt, Morris is one of the finest young athletes in Britain at the moment, and if his present rate of progress continues he could well be knocking on the door of Britain's steeplechase squad for Montreal.

Dave Hopkins is a notoriously slow starter—he told me after the race that he doesn't do it purposely (!)—but after the first lap he was in the low teens, and with a lap to go he was 7th. But with a fine late burst he came through to finish 3rd, just pipping the four-times winner of the title, Malcolm Thomas. Dic Evans and Steve Gibbons were only a few yards back in 5th and 6th spots, and then in 7th place came 20-year-old Steve Jones, of whom very few people had heard before the race, including myself. Tredegar born, he is a serving RAF mechanic at Lyneham in Wilts. Cardiff took the team race again, scoring their easiest ever win, and have now won each year since their formation in 1969.

After the race, the selectors named only five men for Chepstow—Plain, Gibbons, Thomas, Evans and Hopkins—preferring to wait until after the Inter-Counties before naming the last four. Morris will be in the Junior team.

1, B. Plain (Cardiff) 36:47
2, M. Morris (Cwmbran-J) 36:57
3, D. Hopkins (Newport) 37:07
4, M. Thomas (Leeds) 37:09; 5, R. Evans (Card)
37:12; 6, S. Gibbons (Swan) 37:14; 7, S. Jones

Clive Williams reports

(Swin) 37:25; 8, M. Critchley (Card) 37:27; 9, P. Ratcliffe (Card) 37:32; 10, C. Thomas (TVH) 37:50; 11, G. Davies (Sale) 38:00; 12, D. Fowles (Card) 38:30; 13, K. Finlayson (Card) 38:41; 14, R. Sercombe (New) 38:44; 15, T. Davies (Army) 38:51 16, P. Wood (Aber) 38:54; 17, G. Morgan (Card) 39:02; 18, G. Davies (Bris) 39:03; 19, A. Cole (Swan) 39:04; 20, C. Mattock (Bris) 39:11; 21, T. Salway (New) 39:12; 22, A. Joslyn (Cwm) 39:18; 23, K. Clifford (C&C) 39:29; 24, F. Bell (Cled) 39:36; 25, A. Cass (Port) 39:45; 26, D. Holt (Swan) 39:49; 27, C. Reynolds (Sheff) 39:55; 28, J. Godding (Stoke) 39:55; 29, P. Durrant (Cwm) 39:57; 30, T. Davies (Card) 40:13; 31, B. Griffiths (Card) 40:35; 32, A. Jeffries (Swan) 40:45; 33, F. Thomas (Aber) 41:14; 34, J. Townsend (New) 41:19; 35, D. Walsh (Card) 41:25; 36, K. Davies (Walt) 41:28; 37, C. Myers (Brid) 41:28; 38, M. Whelan (Card) 41:29; 39, M. Crowell (Carm) 41:30; 40, J. Collins (Swan) 42:08; 41, J. Robertshaw (New) 42:13; 42, H. Griffiths (Card) 42:13; 43, R. Games (Chelt) 42:22; 44, D. Crombie (New) 42:26; 45, D. Cliffe (New) 42:33; 46, G. McIlroy (Card) 42:45; 47, J. Evans (Aber) 42:48; 48, D. Jones (Swan) 42:53; 49, R. Davies (Swan) 42:55; 50, M. Armstrong (New) 42:57. 72 finished.

Teams: 1, Cardiff 35; 2, Newport 96; 3, Swansea 103; 4, Cardiff 'B' 136; 5, Cwmbran 150; 6, Bridgend YMCA 241.

Hard Work For Morris

EUROPEAN Junior steeplechase champion Micky Morris had to work hard to beat both the wind and Adrian Leek for the Welsh Junior cross-country title at the Army Apprentice College, Beachley on January 24th. Morris led practically throughout the race, with Leek ever present a few yards behind, and he eventually took the title with 11sec to spare. Morris must be in with a good chance for the National this year, and Cardiff, who took the team race with a low nine points, could spring a surprise in the National for they have Steve Evans, who set a UK Youths' 1500SC record of 4:11.2 in 1974, still to come, having recently moved to them from Abertillery.

Ann Morris was a brilliant young athlete a few years back, having won a string of Welsh Junior title, but up to last track season she just had not made the grade in Senior competition. In the summer she lowered her 1500m best to 4:38.0—nothing brilliant, but a sign of things to come, I am sure. At Beachley, she more or

less came of age in senior competition with an excellent gun-to-tape win in the Welsh Women's Championships, and finishing 21sec ahead of runner-up Ann James.

Tacwyn Davies has been around for a long time—probably for longer than he cares to remember—but his win in the annual encounter between the Welsh CCA and the Army must have given him great satisfaction. Davies, 38 next birthday, came home an easy winner from John Jones.

The Welsh CCA held representative matches against the Army in conjunction with the Junior Men's and Senior Women's Championships and came out winners in both races, with a little bit of history being made with the fielding of the Welsh CCA Senior Women's squad. This was the first time a women's team has competed for the WCCA. The association are, to my knowledge, the only national body in British athletics, apart from the BAAB, which caters for both sexes.

1, T. Davies (Army)	33:54											
2, J. Jones (Welsh CCA)	34:28											
3, E. Turner (Army)	34:42											
4, R. Sercombe (W)	34:43; 5, A. Joslyn (W)	34:53; 6, P. Hall (A)	35:05; 7, P. Wood (W)	35:07; 8, Tony Davies (W)	35:31; 9, B. Kennan (A)	35:37; 10, M. Holden (A)	35:41; 11, M. Gue (A)	35:52; 12, A. Cole (W)	35:59; 13, T. Sulway (W)	36:13; 14, C. Campbell (A)	36:43; 15, P. Durrant (W)	37:03. Teams: 1, Wales 38; 2, Army 40.

Junior Men

1, M. Morris (Cwmbran)	23:25
2, A. Leek (Cardiff)	23:36
3, D. James (Cardiff)	24:10
4, H. Norman (Card)	24:16;
5, B. Davies (Swan)	24:20;
6, D. Carr (Army)	24:33;
7, V. Edwards (Wrex)	24:42;
8, K. Dack (Army)	24:53;
9, S. Lancashire (Army)	25:02;
10, K. Jones (Fern)	25:11;
11, K. Allen (New)	25:20;
12, D. Roberts (Cled)	25:28;
13, L. Roberts (UCC)	25:37;
14, S. Rimmington (Army)	25:44;
15, M. Parkes (Brid)	25:55;
16, M. Jones (Cwm)	25:57;
17, J. White (Cwm)	26:06;
18, S. Roach (Card)	26:08;
19, P. Staynings (Army)	26:14;
20, J. Boyes (Army)	26:17.
Teams:	1 Cardiff 9; 2

Cwmbran 20; 3, AAC Beachley 29; 4, Cardiff 'B' 48. (Representative match): 1, Wales 69; 2, Army 155.

Senior Women

1, A. Morris (Cardiff)	15:18																	
2, A. James (London Olympiades)	15:39																	
3, A. Roblin (Cardiff)	15:46																	
4, M. Morgan (Cov)	15:49; 5, B. Smith (B&R)	15:50; 6, J. Clement (Swan)	16:02; 7, A. Disley (New)	16:06; 8, L. Huntbach (Cwm)	16:23; 9, A. Lewis (Cwm)	16:33; 10, D. Davies (Card)	17:24; 11, J. Harris (Carm)	17:37; 12, P. Waters (Cwm)	17:42; 13, V. Anderson (Army)	17:44; 14, K. Price (Carm)	17:45; 15, M. Watson (Army)	17:46; 16, S. Jones (New)	17:53; 17, J. Hulbert (Swan)	18:12; 18, S. Lode (Brec)	18:25; 19, Wright (Army)	19:18; 20, K. Rolfe (Army)	19:36.	
Teams: 1, Cardiff 14; 2, Cwmbran 29. (Representative match): 1, Wales 21; 2, Army 69.																		

* * *

Dates and events to note: February 21st—Welsh Colts, Boys, Youths, Girls, Junior Women and Intermediates CC Championships, Bridgend (2.00 pm), April 17th—Newport H 10M Road Race (3.00 pm), April 19th—Pencoed Road Races: Boys, Girls, Senior Women, Senior Men (2.00 pm).

The Welsh AAA has received a grant of £350 which the Executive Committee has decided to distribute to clubs to encourage their athletes to compete in the 1976 Welsh Championships in Cwmbran. The amount of money available for each club will depend on: (1) The number of clubs who apply; (2) The number of their members who compete in the Championships; (3) The cost incurred by the club and/or their athletes. Clubs are invited to submit to the treasurer, D. Jones, 3 Maesgwyn, Maesteg, Bridgend, an application for a share of the grant by July 31st. The application should include a list of competitors and their transport and accommodation costs (if any).

The Welsh CCA repeated their win of last season over the RAF in the annual match at RAF Innsworth on January 24th, winning 34-44. John Wild provided some consolation for the airmen by winning the race, but he won only after a tremendous struggle with Welshmen John Robertshaw and Dic Evans. 1, J. Wild (RAF) 28:28; 2, J. Robertshaw (W) 28:59; 3, R. Evans (W) 29:28; 4, A. Cole (W) 29:41; 5, K. Best (RAF) 29:48.

Bernard Baldwin



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INTER-COUNTIES CC CHAMPIONSHIPS**At Redditch, January 17th****Girls**

- 1, D. Russell (Kent) 8:48
 2, D. Hilton (Middlesex) 8:51
 3, S. Whitehead (Worcester) 8:53
 4, J. Croasdale (Lancs) 8:59; 5, S. Walker (Gt Man) 9:01; 6, J. King (Lancs) 9:04; 7, D. Hillen (NE) 9:04; 8, W. Purser (Hants) 9:05; 9, E. Sinclair (Avon) 9:07; 10, K. Almond (Humb) 9:08; 11, K. Locke (Mersey) 9:09; 12, B. Campbell (Gt Man) 9:10; 13, D. Cole (Ex) 9:11; 14, N. DeJesus (Ex) 9:12; 15, T. Finnigan (Ches) 9:13; 16, J. Clarke (Herts) 9:14; 17, G. Bryant (NE) 9:15; 18, A. Eastwood (Lancs) 9:16; 19, N. Tinsley (Hants) 9:17; 20, P. Parkinson (Mersey) 9:19; 21, F. Caruthers (Staffs) 9:20; 22, C. Walsh (Kt) 9:21; 23, P. Edwards (Gt Man) 9:21; 24, M. Johnson (Leic) 9:22; 25, E. Haraghty (Mx) 9:23; 26, C. Eyre (Ex) 9:23; 27, J. Moorhead (Gt Man) 9:23; 28, W. Adams (Worcs) 9:24; 29, M. Jones (Avon) 9:25; 30, A. Eastwood (Lancs) 9:26; 31, B. Miller (Avon) 9:27; 32, T. Birch (Mx) 9:28; 33, J. Smith (Staffs) 9:29; 34, S. Spinks (Mx) 9:30; 35, E. Makin (Lancs); 36, J. McLean (Gt Man); 37, M. George (Staffs); 38, J. Newbury (NE); 39, C. Caine (Lancs); 40, D. Curtis (Leic); 41, S. Dallas (Staffs); 42, S. Coulson (Berks); 43, L. Whitehead (Worc); 44, M. Farrell (Sy); 45, M. Stay (Kt); 46, J. Stokes (Avon); 47, J. Boyes (Avon); 48, A. Briggs (Ches); 49, J. Redman (Wks); 50, W. Lodge (Hants); 51, L. Rose (Gt Man); 52, S. Powell (Bucks); 53, J. Walker (Yks); 54, B. Evans (Kt); 55, P. Peeney (Mersey); 56, K. Amey (Sy); 57, S. Heeson (Ches); 58, M. Head (Sy); 59, H. Keogh (Ches); 60, D. Cutts (Herts); 61, L. Tyler (Sy); 62, K. Batchelor (Staffs); 63, J. Slater (Humber); 64, — (Wks); 65, L. Eatham (Herts); 66, A. Berrington (Ches); 67, W. Sait (Hants); 68, K. McCausland (Staffs); 69, A. Myatt (Wilts); 70, J. Jones (Berks); 71, K. Whatshot (Berks); 72, C. Nuttall (Avon); 73, A. How (Hants); 74, H. Thorpe (Yks); 75, S. Poulter (Sy); 76, H. Martin (Staffs); 77, K. Scott (Berks); 78, A. Grubbon (Ches); 79, S. Ryan (Avon); 80, M.

Whittle (Berks); 81, S. Wymant (Avon); 82, D. O'Brien (Gt Man); 83, A. Reid (Sy); 84, S. Jones (Dev); 85, V. Harding (Sy); 86, N. Ratcliffe (Hants); 87, E. Smith (Mersey); 88, L. Therkleston (Humb); 89, M. Owens (Ex); 90, C. Gordon (Berks); 91, C. Parker (Sy); 92, C. Bongor (NE); 93, A. White (Kt); 94, J. Blockwell (Notts); 95, H. Fawcett (Gt Man); 96, S. Noble (Ex); 97, — (Wks); 98, J. Gelby (Ches); 99, T. Neale (Kt); 100, A. Piggford (NE). 206 finished.

Teams: 1, Lancs 58; 2, Greater Manchester 67; 3, Middx 93; 4, Avon 115; 5, Kent 122; 6, Staffs 132; 7, Essex 142; 8, Hants 144; 9, North East 154; 10, Merseyside 173; 11, Worcs 175; 12, Cheshire 179; 13, Surrey 219; 14, Berks 260; 15, Herts 263; 16, Humberside 265; 17, Warwick 313; 18, Leics & Rutland 345; 19, Yorks 351; 20, Bucks 461; 21, Devon 480; 22, Lincs 505; 23, Notts 510; 24, Wilts 648; 25, Derbyshire 648; 26, Beds 661; 27, Gloucs 706.

NORTHERN YOUTHS & BOYS T&E LEAGUE

The Youths & Boys Track & Field League for Northern clubs for 1976 is to be run on the same lines as in 1975. That is in Regional Leagues with three matches in each followed by a Final for the leading teams. All events for both Youths and Boys age groups will be contested with two competitors from each club in each event. The dates for 1976 are Saturday's May 29th, June 26th, July 24th with a reserve date of August 14th and the Final on Sunday, September 12th. The new League Secretary is Simon Fennell, 16 Stuart Avenue, Liverpool L25 0NJ (tel: 051-486 2801). Any clubs intending to compete in the League should contact him not later than Monday, February 23rd and also inform him on which of the above dates they can stage a home match if required.

FOUR BRITONS TOP OF THE WORLD

David Jenkins (400), Brendan Foster (10,000), Alan Pascoe (400H) and Geoff Capes (SP) have all been ranked first in the 'Track & Field News' World Rankings for 1975. Fuller details will be published in 'AW' later.

**WOKING BOROUGH COUNCIL
10 MILE ROAD RACE**

(Under A.A.A. Laws)

**SATURDAY, 28th FEBRUARY, at 2.30pm
AT WOKING ATHLETIC GROUND,
BLACKMORE CRESCENT, SHEERWATER,
WOKING**

Trophies: 1st Individual, 1st Team, 1st Veteran O/45.

Prizes: 1st six Individuals, 1st Veteran, 1st three Teams. **Medals:** 1st three Individuals.

Entry Fees: 30p per Individual, plus 20p per Team (4 run, 3 score).

Entries (plus SAE for result sheet, if required) to Chief Amenities & Recreation Officer, Woking Borough Council, Council Offices, Guildford Road, Woking, Surrey GU 7QR.

CLOSING DATE 23rd FEBRUARY, 1976

STRETTFORD A.C.**WINTER TRACK MEETINGS**

(Under AAA & WAAA Laws)

**TARTAN TRACK, LONGFORD PARK
STRETTFORD**

Commencing 11.30 a.m.

DATES

Sunday, 29th February, 1976

Sunday, 28th March, 1976

Entry Fee: 20p per athlete on the day. Programme details from W. Murphy, 30 Gaydon Road, Sale, Trafford (s.a.e. please).

SOUTHERN COUNTIES VETERANS CROSS-COUNTRY CHAMPIONSHIPS

At Havant, January 24th

Class 1 (a & b)

- 1, R. Gomez (Vale of Aylesbury) 33:55
 2, G. Brown (Verlea) 34:14
 3, M. Hyman (Portsmouth) 34:44
 4, J. Steed (Ver) 34:53; 5, M. Barratt (E&S) 35:04; 6, K. Harland (Camb H) 35:08; 7, J. Lusty (E&S) 35:59; 8, A. Shrimpton (S&E) 36:03; 9, L. Parrott (Hav) 36:11; 10, R. Stonehouse (AF&D) 36:17; 11, J. Geoghagan (Camb H) 36:29; 12, G. Harrison (High) 36:38; 13, M. Blagrove (E&S) 36:48; 14, D. Devy (High) 37:05; 15, P. Ranger (Craw) 37:10. **Teams:** 1, Ealing & S 25; 2, Verlea 27; 3, Cambridge H 55; 4, Highgate 59; 5, Havering 63; 6, Portsmouth 76; 7, Southampton & E 95; 8, Crawley 96; 9, Barnet 108; 10, V of Aylesbury 114. **(Individuals)** (a): 1, Gomez; 2, Brown; 3, Hyman; (b): 1, Stonehouse; 2, Harrison; 3, Ranger.

Classe 2, 3 & 4

- 1, J. Brown (Camb H) 38:05; 2, R. Pape (Port) 39:18; 3, J. Doggett (S&E) 40:32; 4, G. Scutts (Port) 40:41; 5, J. Downes (QPH) 40:55; 6, B. Hughes (W Gn) 41:08; 7, B. Nielson (N Lon) 41:12; 8, E. Leal (Ryde) 41:56; 9, L. Blackbey (Camb H) 41:59; 10, L. Brown (W Gn) 42:14; 11, J. Fitzgerald (Mit) 42:24; 12, G. Betts (QPH) 43:13; 13, B. Wade (W Gn) 43:15; 14, E. O'Bree (Camb H) 44:21; 15, G. Meech (Ver) 44:24. **Teams:** 1, Cambridge H 24; 2, Woodford Green 29; 3, Portsmouth 33; 4, Mitcham 60; 5, Verlea 63; 6, Ryde 65. **(Individuals)** (2a): 1, Brown; 2, Pape; 3, Doggett; (b): 1, Scutts; 2, Downes; 3, Leal; (3a): 1, Betts; 2, E. Munns (Unatt) 51:09; 3, C. Davis (Dart) 55:28; (3b): 1, A. Keepax (Black) 48:40; 2, W. Ross (Ryde) 54:53; (4a): 1, R. Wiseman (Camb H) 62:53; 2, E. Betts (TVH) 65:55; 3, H. Rainbird (Camb H) 68:47.

NORTHERN VETERANS CROSS COUNTRY CHAMPIONSHIPS

At Boggart Hole Clough, January 26th

Class 1 (a & b)

- 1, J. Wild (East Cheshire) 36:45
 2, N. Morrell (Wirral) 36:55
 3, R. Billington (Wrexham) 37:02
 4, P. Raidy (Clay) 37:12; 5, T. Rooke (M&C) 37:27; 6, P. Goodfellow (Stoke) 37:38; 7, G. Rhodes (Staffs) 37:43; 8, A. Hughes (Roch) 37:50; 9, J. Wright (Wall) 37:58; 10, J. Salt (Roch) 38:05; 11, P. Pattison (Gos) 38:10; 12, K. Hodgkinson (Salf) 38:24; 13, P. Wilkinson (Dby) 38:32; 14, R. Norman (E Ches) 38:36; 15, J. McKenna (Leeds) 38:45; 16, E. Kirkup (Roth) 38:49; 17, K. Smith (B'burn) 38:52; 18, P. Madden (B'burn) 39:01; 19, J. Dawson (Clay) 39:10; 20, D. Brown (Salf) 39:16. **(Individuals)** (1a): 1, Wild; 2, Morrell; 3, Billington (1b): 1, Rhodes; 2, Hughes; 3, Kirkup. **Teams:** 1, Salford 80; 2, Rochdale 107; 3, Clayton 108; 4, Rotherham 136; 5, Bolton 138; 6, Middlesbrough 146.

Class 2, 3 & 4 (a & b)

- 1, K. Hall (Wirr) 40:12; 2, M. Jackson (Roth) 41:22; 3, N. Neilson (B&F) 41:36; 4, W. Brown (E Ches) 42:30; 5, T. Smith (E Ches) 43:04; 6, A. Etches (Roth) 43:10; 7, L. Nicholson (Liv P) 43:21; 8, J. Caddy (M&C) 43:33; 9, J. Williamson (Stret) 44:42; 10, N. Ashcroft (Sutt) 45:16. **(Individuals)** (2a): 1, Hall; 2, Jackson; 3, Neilson (2b): 1, Ashcroft; 2, R. Shires (O&R) 45:25; 3, J. Railton (M&C) 47:13 (3a): 1, A. Locke (E Ches) 50:03; 2, S. Bradshaw (Clay) 50:41; 3, W. Burns (Roth) 50:51 (3b): S. Smith (Stock) 54:42 (4a): B. Carlyon (Sund) 60:35. **Teams:** 1, Rotherham 26; 2, East Cheshire 26; 3, Liverpool Pembroke 55; 4, Newcastle 62.

LIVERPOOL & DISTRICT CC CHAMPS

At Arrowe Park, January 10th

- 1, M. Turner (Liverpool H) 41:57
 2, D. Hindley (Waterloo) 42:18
 3, K. Carroll (Liverpool Pembroke) 42:39
 4, D. Brennan (Warr) 43:07; 5, F. Davies (Liv H) 43:17; 6, R. Brown (Liv P) 43:20; 7, J. McLoughlin (Sutt) 43:24; 8, L. Carroll (Wirr) 43:31; 9, R. Harrison (Liv H) 43:43; 10, D. Evans (Liv H) 43:52; 11, D. Watson (Wirr) 43:52; 12, T. Harper (Wirr) 43:55; 13, B. Renshall (Liv P) 44:00; 14, A. Gerrard (Liv H) 44:04; 15, D. Barnes (Wirr) 44:29; 16, P. Burton (Liv H) 44:38; 17, K. O'Toole (Liv P) 44:46; 18, P. Malcolmson (Liv P) 44:47; 19, D. A. Evans (Liv H) 45:12; 20, J. Crehan (Sutt) 45:26. **Teams:** 1, Liverpool H 55; 2, Liverpool Pembroke 79; 3, Wirral 97; 4, Warrington 188; 5, Sutton 252; 6, Sefton 361.

Juniors

- 1, J. Woods (Liv H) 28:56; 2, D. Murphy (Liv H) 29:21; 3, M. Dwyer (Liv P) 30:38; 4, S. Butler (Liv H) 31:06; 5, P. Fitzhenry (Sutt) 31:25; 6, B. Murphy (Pilk) 31:32. **Teams:** 1, Liverpool H 22; 2, Liverpool Pembroke 38; 3, Sutton 39. **(Youths):** 1, S. Ogden (Warr) 23:48; 2, S. Anders (Pilk) 24:01; 3, K. Jacques (Pilk) 24:23; 4, S. Martin (Chest) 34:32; 6, C. Bishop (Warr) 24:35; 6, G. Birkett (Pily) 24:59. **Teams:** 1, Pilkingtons 18; 2, Warrington 27; 3, Liverpool H 51; 4, Wirral 59; 5, Chester 87. **(Boys):** 1, P. Dwyer (Liv P) 11:45; 2, K. Holloway (Warr) 11:54; 3, A. Williams (Warr) 12:18; 4, C. Coan (Liv P) 12:21; 5, C. Wheeldon (Warr) 12:25; 6, G. Allen (Liv H) 12:27. **Teams:** 1, Warrington 19; 2, Liverpool Pembroke 36; 3, Liverpool H 41; 4, Wallasey 63; 5, Wirral 73; 6, Sutton 109. **(Colts):** 1, P. Hicken (Warr) 12:45; 2, S. Jones (Sutt) 12:54; 3, A. Cottrell (Frod) 12:58; 4, S. Skelding (Warr) 12:59; 5, H. White (Liv H) 13:05; 6, R. Vose (Sutt) 13:09. **Teams:** 1, Sutton 32; 2, Liverpool H 35; 3, Warrington 47; 4, Chester 105; 5, Frodsham 109.

The Northern Veterans AC are arranging a Veterans inter-area/international 10km CC event at Blackburn on March 28th. Any Welsh vet wishing to be considered for selection, or in the formation of a Welsh Veterans Association, should write to Ray Billington, 29 The Broadway, Nantwich, Cheshire (Tel: Nantwich 64813).

WALKING

HAMISH STEWART A COMFORTABLE WINNER

THE hosts supplied the winning individual and team in the Garnet Cup 10 miles at Enfield on February 7th. Everyone's pre-race favourite, Hamish Stewart, duly won comfortably while his club just pipped a solid packing Surrey WC, to capture the team title. Chasing the winner all the way was the vastly improved Dave Sheppard who was very well clear of the rest. Travelling all the way from Channel Islands, Sarnia WC made yet another excellent showing and were rewarded by the third position of Mike Elliott. The keen Newham team were pleased with third place ably led by Mike Scammell and Paul Dyble while Ted Shillabeer, representing the newly established Dawlish team, had a fine race. All the ladies' races were keenly contested and resulted in course records. Judy Farr just got the better of Christine Coleman after a fine duel while the Midland girls swamped the remaining events with Elaine Cox and Joanne Wickham excellent winners. 1, H. Stewart (BoE) 77:45; 2, D. Sheppard (Ex P) 78:45; 3, M. Elliott (Sar) 80:51; 4, M. Scammell (New) 81:57; 5, E. Shillabeer (Daw) 82:24; 6, P. Dyble (New) 83:14; 7, D. Rowland (Stey) 83:35; 8, M. Spellman (Ex P) 83:52; 9, K. Eggett (High) 83:55; 10, R. Picton (Bel) 84:02; 11, R. Purkis (Ver) 84:20; 12, M. Stokes (Sy) 84:29; 13, M. Oliver (BoE) 84:49; 14, L. Atterbury (Sy) 85:13; 15, T. Marter (Sy) 85:32; 16, L. Dordoy (Ilf) 85:40; 17, D. Maynard (Camb H) 85:42; 18, R. Day (Bel) 85:54; 19, D. Salter (BoE) 86:16; 20, M. Gibbons (Ilf) 86:19. **Teams:** 1, Enfield 60; 2, Surrey 63; 3, Newham 79; 4, Sarnia 105; 5, Ilford 105; 6, Essex Police 105. **(Senior Women 5kms):** 1, J. Farr (Trow) 25:14 (12:24—2500m); 2, C. Coleman (High) 25:25 (12:24); 3, S. Wish (Sol) 26:24 (12:49); 4, B. Francis (B&H) 27:22 (13:17); 5, I. Bateman (Bas) 27:52 (13:31) 6, F. Swannell (Uxb) 30:09 (14:42). 12 finished. **(Juniors 2500m):** 1, E. Cox (Sol) 13:33; 2, K. Eden (Sol) 13:43; 3, E. Smith (Sol) 14:04. 12 finished. **(Girls 2500m):** 1, J. Wick-

ham (Harb) 13:38; 2, S. Barker (Sol) 13:49; 3, L. Burton (Harb) 13:55. 13 finished.

Essex Police duo dominate 1500m at TVH Meeting at West London, February 4th. In the first walk to be held in these midweek winter series, on a rather slippery surface, the young Essex Policemen, Mike Dunion and Dave Sheppard, had excellent races, particularly the latter who displayed surprising speed. Alan Buchanan just edged out clubmate Dennis Holly for third. The first eight men home all had very satisfactory clockings and it is hoped walks will continue at this venue. 1, M. Dunion (Ex P) 6:21.2; 2, D. Sheppard (Ex P) 6:25.4; 3, A. Buchanan (B&H) 6:30.6; 4, D. Holly (B&H) 6:31.2; 5, A. James (BoE) 6:37.4; 6, M. Scammell (New) 6:41.1; 7, J. Hall (Bel) 6:46.3; 8, J. Lees (B&H) 6:53.0; 9, M. Spellman (Ex P) 7:05; 10, M. Oliver (BoE) 7:06; 11, J. Hedgethorpe (Ex P) 7:12; 12, M. Davitt (New) 7:18; 13, D. Sharpe (New) 7:27.

Mexicans on a pre-Olympic European Tour? With their Polish coach, Jerzy Hausleber, at the helm and carefully bringing his charges to peak condition in readiness for Montreal and Malmo, the Mexicans are likely to repeat last year's tour of Europe. Currently on a 200/220kms, 11 sessions per week training regime, the likes of Bautista, Gonzales, Colin and Flores are obviously going to be very difficult to beat at the two major races. However, mainly due to apathy and lack of prospects in Mexico, most, if not all of those talented performers, may well retire before the end of the year.

Popular London Postal Region series—busy schedule. With a Men's Yacht Handicap 9kms and a Senior Women's 5kms taking place at each fixture with an additional Junior Women's and Boys' 2500m on the Sunday dates, virtually all ages are catered for at these Blackheath Park

OXFORD CITY A.C. 2nd YOUNG ATHLETES

OPEN MEETING

(Under A.A.A. Laws)

SATURDAY, APRIL 3rd

AT HORSPTH TRACK, OXFORD

Events: Minor Colts (9-10 yrs) 100/200/800/LJ/HJ; Colts (11-12) 100/200/400/800/1500/75mH/LJ/HJ/SP; Boys (13-14) 100/200/400/800/1500/3000/80mH/LJ/TJ/HJ/PV/SP/DT/JT; Youths (15-16) 100/200/400/800/1500/3000/100mH/1500m SC/LJ/TJ/HJ/PV/SP/DT/JT; Juniors (17-20) 110mH/SP; Junior/Senior 100/200/400/1000/3000/400mH; Senior 110mH/SP. Ages as at 12 pm 31/8—1/9/76. (Juniors Under 20 31/12/76).

Entries to Mrs P. Fox, Chislehurst, South Moreton, Didcot, Oxon. (Didcot 815688) on official forms. Fees: 40p 2 events (max), 25p 1 event. SAE for details. Plaques for winners (Y.B.C.M.C. only) with B.P. Trophies.

CLOSING DATE SAT., MARCH 13th

HAVERING ATHLETIC CLUB

6th Annual

WOMEN'S ROAD RELAYS

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

At Sanders Draper School, Suttons Lane, Hornchurch, Essex

SATURDAY, MARCH 20th, First Race

2 p.m.

Girls 3 x 2400 metres Relay
Juniors 3 x 2400 metres Relay
Inters 3 x 2400 metres Relay

Seniors 4000 metres Road Race

(Ind & Team, 3 to score).

Perpetual Trophies all groups. **Awards:** (Relays) 1st, 2nd, 3rd Teams, fastest laps; (Road Race) 1st, 2nd, 3rd Ind., Team awards according to entries. **Fees:** 50p per Relay Team, 20p per Road Race Individual.

Entries close Monday, March 8th, to Mr J. W. Naylor, 34 Newmarket Way, Hornchurch, Essex, RM12 6DS. (Tel: Hornchurch 40216).

Races. Future dates: February 11th and 22nd, March 10th and 31st, April 11th and May 5th. All 2.30 pm start.

Peter Frenkel prepares his Olympic title defence. The popular East German showed with his excellent 42:35.4 indoor 10km during January that he means to be hard to beat when defending his 20km title at Montreal. The latest of the brilliant East German juvenile stars, Rolf Berner (11.7.57), was second with an outstanding 42:59.0. Frenkel's task of making the East German trio will be almost as tough as achieving a place on the victory podium at Montreal. Rivals such as Stadtmüller, Reimann, Lipkowski and Gauder will obviously ensure that the Munich champion will have to be at his very best.

Colin Young

Sussex Walking League at Southwick, January 31st. Guest walkers Bill Wright and Dennis Shepherd dominated with the leading Sussex walkers missing or in the case of Stuart Elms and Dave Boxall treating the race as a training stint after walking to the venue from their homes a respective 7 and 15 miles away. In the Youths event, Colin Pope was at his best in a fine time. (10M): 1, W. Wright (S&E) 77:59; 2, D. Shepherd (New/Ex P) 79:14; 3, A. Geal (Stey) 82:25; 4, M. Scammell (New) 83:45; 5, S. Elms (B&H) 84:28; 6, D. Rowland (Stey) 84:43; 7, D. Boxall (B&H) 86:34; 8, S. Wood (B&H-J) 86:41; 9, M. Davitt (New) 86:52; 10, R. Penfold (Stey) 87:50. Teams: 1, Newham 24; 2, Brighton & H 27; 3, Steyning 27. (Junior/Youth): 1, C. Pope (Stey) 14:35; 2, D. O'Shea (B&H) 14:49; 3, D. Buchanan (B&H) 15:02; 4, P. Harman (Stey) 16:42; 5, R. Knight (B&H) 16:54; 6, C. Pacifico (B&H) 17:01. (Boys): 1, G. Vale (Sy) 15:28; 2, N. Perry (B&H) 15:47; 3, T. Tucker (Stey) 17:20. (Senior Women): 1, B. Francis (B&H) 15:58; 2, S. Martin (B&H) 17:42.

10,000m Track Race at Preston Park, Brighton, February 8th. Little, red-headed Stuart Elms removed almost 2 min from his best time in winning the race with an excellent 45:35. Dave Stevens had set a hot pace from the start but had no answer to the Brighton man when he surged into the lead in the second half, yet he also set a fine pb. George Nibre again impressed with excellent style and technique making the writer wonder why he is disqualified so often. Beverly Francis also clocked a fast time in the Women's mile, while little Neil Perry was a clear Boys' victor. 1, S. Elms (B&H) 45:35; 2, D. Stevens (Stey) 46:15; 3, G. Nibre (Met P-J) 47:06; 4, A. Ardley (Tonb) 47:12; 5, G. Morris (Stey-J) 48:15; 6, A. Geal (Stey) 49:46; 7, D. Johnson (B&H) 50:03; 8, D. Boxall (B&H-V) 50:56; 9, D. O'Shea (B&H-Y) 51:34; 10, S. Wood (B&H-J) 51:42; 11, R. Wardnaugh (Tonb-J) 52:06; 12, R. Penfold (Stey) 52:48. 19 finished. (Youths 1M): K. Morris (Stey) 8:30. (Boys 1M): 1, N. Perry (B&H) 8:14; 2, T. Tucker (Stey) 9:18; 3, M. Nicholls (Camb H) 9:23; 4, G. Mann (B&H) 9:24. 12 finished. (Senior Women 1M): B. Francis (B&H) 8:05. (Juniors): P. Bryce (B&H) 10:34.

Alan Buchanan

REPRIEVED!!!

ISLE OF MAN EASTER ATHLETIC FESTIVAL

Yes, this popular annual fixture is to be staged this year, due to increased sponsorship being available.

APRIL 16-17-18, 1976

Road Races, Relays, Hill Race, Ladies Events and of course, the Beer Drinking Competition.

Write to Brian Whitehead,
2 Marine View Close, Onchan,
Isle of Man, for details and entry forms.

ENTRIES CLOSE MARCH 20th, 1976

If you haven't been before you
don't know what you're missing!

Dawkins Succeeds From The Front

BRIAN DAWKINS was a very determined winner of the Southern Junior title at Parliament Hill Fields on January 31st. He opened up a commanding lead in the first mile with Warren and Hind leading the chase. Dawkins ran the circuit in similar style to his training partner, Neil Coupland—winner of the Senior event—and by 4M he had pulled away by 50m from Hind who had a comfortable 30m margin over Edwards and DeGiovanni. Maintaining a good strong rhythm throughout, Dawkins came home a clear winner.

Jeremy Lothian won with half a minute to spare in the Youths race with only Beaver challenging over the initial one mile circuit. These two had a 5m gap over Colin White, last year's Boys winner, after $\frac{1}{2}$ mile, and once into the large three mile circuit Lothian moved away in relaxed style. The gap between Beaver and White stretched to 75m while Bunyan moved through the field well to close the margin on White to 30m.

Paul Rolland's above-average build, quickly carried him clear of the Boys field in aggressive style; but as the leader swung into the final $\frac{1}{2}$ mile the head-on gale reduced what had seemed a comfortable winning margin to a few metres as Barley realised his opponent was weakening. As the pair raced to the final turn, Rolland loudly

cursed himself as he realised he was letting the title slip . . . and that seemed to produce the desired surge of energy which enabled him to pound the final 200m with sufficient speed to hold off the game Barley.

Jon Wigley

Juniors

- 1, B. Dawkins (Southampton & Eastleigh) 30:57
- 2, A. Hind (Portsmouth) 31:02
- 3, A. Edwards (Blackheath) 31:20
- 4, P. DeGiovanni (Croy) 31:23; 5, T. Anderson (H&S) 31:24; 6, P. Holland (N Lon) 31:28; 7, H. Jones (Ran) 31:30; 8, P. Bettridge (Hav) 31:33; 9, D. Roberts (Camb H) 31:39; 10, C. Brodie (WS&E) 31:48; 11, J. Goldring (W'stow) 31:54; 12, S. Lowe (Wat) 31:55; 13, I. Davidson (Thurr) 32:03; 14, G. Bath (Sal) 32:07; 15, B. Walters (TVH) 32:11; 16, P. O'Brien (Old G) 32:17; 17, J. Wise (Brack) 32:18; 18, M. O'Reilly (High) 32:19; 19, M. Harmer (Port) 32:21; 20, A. Langdon (W Corn) 32:26; 21, J. Broe (Shaft) 32:34; 22, L. Benjamin (Hill) 32:36; 23, N. Carter (Felt) 32:43; 24, M. Cross (B'mouth) 32:46; 25, D. Elston (B'mouth) 32:52; 26, J. Hood (AF&D) 32:57; 27, A. Kirby (Brack) 33:06; 28, D. Arnold (Brack) 33:07; 29, D. Coates (If) 33:08; 30, T. Soutar (Ox Un) 33:09; 31, R. Rafferty (Har) 33:17; 32, J. Rooks (Camb H) 33:20; 33, S. Oglethorpe (Sal) 33:26; 34, M. English (N Lon) 33:30; 35, T. Woods (Ran) 33:31; 36, C. Marr (Chelm) 33:32; 37, G. Dwelly (Brack) 33:32; 38, C. Turner (Chelm) 33:34; 39, C. Marshall (B'heath) 33:36; 40, G. Barr (Thurr) 33:40; 41, B. Kitcher (S&E) 33:42; 42, P. Rezin (AF&D) 33:46; 43, G. Rowsell (S&E) 33:48; 44, R. Gibson (S&E) 33:49; 45, M. Hunter (Stev) 33:54; 46, P. Sharland (G&G) 33:56; 47, N. Young (S&E) 33:58; 48, _____ 34:03; 49, D. Seilly (Hill) 34:07; 50, D. Hopcroft (TVH) 34:07. 148 finished.

Teams: 1, Bracknell 109; 2, Southampton & E 129; 3, Ranelagh 165; 4, Portsmouth 215; 5, Hillingdon 220; 6, Aldershot, F&D 230; 7, TVH 233; 8, West Cornwall 250; 9, Chelmsford 262; 10, North London 286; 11, Harlow 296; 12, Windsor, S&E 309; 13, Highgate 311; 14, Haringey & S 314; 15, Stevenage & NH 317; 16, Old Gaytonians 375; 17, SLH 427; 18, Met Police 474.

Youths

- 1, J. Lothian (City of Plymouth) 22:02
- 2, D. Beaver (Polytechnic) 22:32
- 3, C. White (Medway) 22:36
- 4, C. Bunyan (S&E) 22:39; 5, N. Martin (Brack) 22:53; 6, A. Stewart (Wat) 22:57; 7, T. Hutchins (Craw) 23:11; 8, P. Kemp (Ex B) 23:24; 9, J. Clements (Ply) 23:26; 10, G. Fell (Ex B) 23:30; 11, C. Reitz (Ex B) 23:35; 12, J. Watson (E&E) 23:38; 13, G. Norman (Ex B) 23:40; 14, D. O'Daly (Swin); 23:41; 15, N. Young (Tonb) 23:42; 16, G. Heathers (F&C) 23:43; 17, R.

PETERBOROUGH ATHLETIC CLUB

Present

THE FRED SALTER MEMORIAL RACES

(Under AAA & WAAA Laws)

SUNDAY, 29th FEBRUARY, 1976

Venue: Milton Park

By kind permission of Earl Fitzwilliam

Sponsored by Orion Caterers

Seniors—6 Miles (Inc. Juniors & Veterans)
Prizes: 1st £20, 2nd £15, 3rd £10, 4th £8, 5th £5, 6th £3, plus 9 at £2. First 3 Teams & 1st "B" Team.

Inter./Senior Ladies—2½ Miles
Prizes: 1st £5, 2nd £4, 3rd £3, 4th £2, 5th £1.
First team, medals 2nd & 3rd. Prize 1st Inter.
Youths 3½M—Boys 2½M—Colts 1½M—Junnr. Ladies 2M—Minor Girls 1½M. Awards first 3 Ind. in each race and first 3 Teams. All teams 4 score.

Entry Fees: Seniors, Junrs, Vets 25p, Inter./Senr Ladies 20p, all others 15p. No team fees.

ENTRIES CLOSE FEBRUARY 20th

Entries/further details (s.a.e.) to J. D. Poole, 270 Oundle Road, Woodston, Peterborough, PE2 9QA. (Phone: 67474, Ext. 85—Office).

FUTURE PROGRAMME

Composite Relays, Sat., 20th March, 1976
Details (s.a.e.) P. Basketter, 21 Carmelia Close, Werrington, Peterborough (Tel: 73119).

Round City Road Race—Easter Monday. Men's 5½M, Ladies Race & Others. Details: K. B. Hall, 190 Wisbech Road, Thorney, Peterborough (Tel: Thorney 460).



Paul Rolland wins Southern Boys title
Sportsview

Knight (B&H) 23:47; 18, C. Brinkhurst (B&H) 23:58; 19, R. Chapman (Ex B) 24:00; 20, M. Roberts (Shaft) 24:01; 21, J. Bristow (B&H) 24:06; 22, A. Nugara (TVH) 24:09; 23, P. Hilliard (WS&E) 24:11; 24, D. Thomson (Wyc) 24:12; 25, T. Bradbury (Shaft) 24:13; 26, J. Allcock (E&E) 24:14; 27, T. Eglan (AF&D) 24:16; 28, A. Marshall (Hill) 24:18; 29, J. Taylor (VoA) 24:24; 30, A. Lee (H&S) 24:26; 31, O. Lamb (TVH) 24:27; 32, P. Barnett (AF&D) 24:28; 33, R. Rose (Hill) 24:31; 34, D. Hansford (S&E) 24:34; 35, S. Jeffrey (TVH) 24:36; 36, J. Kaye (Shaft) 24:40; 37, D. Ansell (Sy B) 24:41; 38, C. Goddard (Brack) 24:44; 39, B. Budd (Ver) 24:45; 40, T. Newton (S&E) 24:46; 41, S. Moore (Shaft) 24:46; 42, M. Rezin (AF&D) 24:47; 43, G. Ribbons (Croy) 24:48; 44, S. Rough (E&E) 24:48; 45, G. Tomsett (B&H) 24:48; 46, M. Philpot (Hill) 24:50; 47, J. Powell (TVH) 24:51; 48, S. Scott (Hay H) 24:52; 49, A. Harvey (Wyc P) 24:52; 50, M. Croney (Brack) 24:53. 175 finished.

Teams: 1, Essex Beagles 42; 2, Brighton & H 101; 3, Shaftesbury 122; 4, TVH 135; 5, Epsom & E 159; 6, Southampton & E 164; 7, Hillingdon 166; 8, Bracknell 168; 9, Plymouth 180; 10, Aldershot, F&D 197; 11, Wycombe P 231; 12, Poly 232; 13, Croydon 251; 14, Verlea 273; 15, Portsmouth 309; 16, Haywards Heath 324; 17, Windsor, S&E 353; 18, Fleet & C 365; 19, Haringey & S 367; 20, Swindon 381; 21, SLH 423; 22, HHH 428; 23, Havering 456; 24, Black-

heath 464; 25, Met Police 481; 26, Chelmsford 516; 27, Belgrave 647.

Boys

1, P. Rolland (Horsham Blue Star) 16:46
2, C. Barley (Polytechnic) 16:48
3, S. Fox (Oxford City) 16:56
4, T. Flanagan (Craw) 16:58; 5, L. Cockett (W Gn) 16:59; 6, J. Spooner (B'heath) 17:06; 7, K. Kiddle (Port) 17:07; 8, D. Lightowler (Wat) 17:10; 9, D. Black (ER) 17:12; 10, P. Lightowler (Wat) 17:13; 11, A. Hughes (Shaft) 17:22; 12, C. Pierson (H&S) 17:24; 13, A. McNeill (B'heath) 17:27; 14, S. Ellwood (Chelm) 17:28; 15, P. Ledger (AF&D) 17:29; 16, P. Llewellyn (Shaft) 17:32; 17, D. Eglan (AF&D) 17:32; 18, T. Raggett (AF&D) 17:33; 19, P. Johnson (Hay H) 17:35; 20, A. Gilham (Ilf) 17:37; 21, A. Cunningham (Shaft) 17:38; 22, M. Shuttleworth (E&E) 17:38; 23, A. Bristow (B&H) 17:41; 24, M. Oakes (H&S) 17:47; 25, A. Crabb (Craw) 17:50; 26, E. Herrioke (AF&D) 17:51; 27, J. Brenc (Ver) 17:53; 28, M. Wilson (E&E) 17:54; 29, R. Page (Poly) 17:55; 30, B. Coppins (Wink) 17:56; 31, M. Walker (Port) 17:58; 32, M. Rolfe (Ex B) 17:59; 33, V. Smith (W Gn) 18:00; 34, A. Craik (Tonb) 18:02; 35, S. Crossman (AF&D) 18:02; 36, F. Hampton (Hill) 18:03; 37, G. Judd (S'end) 18:05; 38, A. Coleman (Hav) 18:06; 39, S. Johnson (H&S) 18:07; 40, E. Power (B'heath) 18:09; 41, P. Williams (HBS) 18:10; 42, M. Smith (Barn) 18:11; 43, F. Powell (H&S) 18:11; 44, K. Kirby (High) 18:12; 45, P. White (TVH) 18:13; 46, D. Herbert (Hav) 18:14; 47, G. Cox (Wink) 18:15; 48, D. Batchelor (G&G) 18:17; 49, R. Powell (Shaft) 18:18; 50, R. Powell (Stev) 18:19. 195 finished.

Teams: 1, Aldershot, F&D 77; 2, Shaftesbury 98; 3, Blackheath 117; 4, Haringey & S 121; 5, Horsham BS 192; 6, Portsmouth 206; 7, Woodford Green 210; 8, Brighton & H 236; 9, Verlea 237; 10, Tonbridge 249; 11, Havering 258; 12, Epsom & E 260; 13, Hillingdon 286; 14, Stevenage & NH 289; 15, Guildford & G 318; 16, Winklesbury BC 327; 17, Oxford C 343; 18, Barnet 356; 19, Reading 362; 20, Chelmsford 368; 21, Crawley 390; 22, Highgate 414; 23, Essex Beagles 424; 24, Hercules W 485; 25, Southampton & E 504; 26, London Irish 521; 27, HHH 527; 28, Haywards Hth 577; 29, Belgrave 630; 30, Dartford 630; 31, Basingstoke 665.

RAF STRIKE COMMAND CC CHAMPS

At Colerne, January 21st

1, M. Hurd (Watt) 37:25; 2, S. Jones (Lyne) 37:38; 3, K. Daykin (Lyne) 38:50; 4, W. Tonner (Col) 39:00; 5, D. Parsons (Brize N) 39:16; 6, R. Wallis (Lyne) 39:18; 7, J. Fretwell (Scamp) 39:34; 8, K. Morris (Brize N) 39:45; 9, Wise (Hull) 39:48; 10, A. Pratt (Kin) 40:25; 11, D. Todd (Ben) 40:29; 12, T. Bradley (Hull) 40:08; 13, W. Jeffs (Wyt) 40:46; 14, Green (Brize N) 40:50; 15, D. Bowden (Marh) 41:00. **Teams:** 1, Brize Norton 99; 2, Lyneham 118; 3, Wattisham 190; 4, Scampton 244; 5, High Wycombe 289; 6, St Mawgan 383; 7, Marham 388; 8, Kinloss 407; 9, Honington 504; 10, West Drayton 719.

OVERSEAS NEWS AND RESULTS

WALKER'S LAST RACE IN NZ?

RUNNING what may prove to be his last race in New Zealand, should he turn professional immediately after the Olympics as he is considering, John Walker won over 1500m in Auckland on January 31st in 3:35.6. This was an outstanding time, particularly as a cold and strong wind had to be faced along the backstraight. His splits were 56.5, 59.5 (1:56.0) and 58.2 (2:54.2) with a final 300m in 41.4. Rod Dixon, having his first race for four weeks (he has had a damaged tendon and started slowly), finished strongly for 2nd in 3:41.8.

Next morning Walker felt very sore in the tendons and announced that he would not be competing indoors in North America as planned. "Once I warm up and get into a race the tendons don't worry me," he said. "It's before and after that I suffer with the pain. I know a lot of people in America are going to be very disappointed I won't be running; I hate letting people down and I feel very sorry for the promoters. But if my achilles tendons don't get better within the next two or three weeks my whole Olympic build-up will be adversely affected." His doctor said that if Walker raced indoors he would require two or three days rest and physiotherapy treatment after each race and advised him against it. "It's no good having a doctor if you don't take any notice of what he tells you," Walker added.

This was the second blow suffered recently by Walker, who was deeply disappointed at the cancellation of Filbert Bayi's tour of New Zealand.

Happier news of Dick Quax . . . and Dave Bedford. Quax, on a comeback trail after an operation to remove scar tissue from his shins, finished second in 3:58.6 to Walker (3:57.6) in a mile at Wanganui on January 14th held on a rainsoaked grass track which must have cost them at least 2 sec. Three days later, at Christchurch, he ran 13:44.0 for 5000m in very windy conditions; while at Auckland on January 31st he showed outstanding form to clock the world class time of 13:24.8. Apart from some help over the first two laps Quax did it on his own and reeled off the laps in 63, 64, 63, 64, 64, 65, 65, 66, 65, 67, 67 and 62 with a final 200 in 29.8. Steeplechaser Euan Robertson (8:29.0 the previous week) was 2nd in 13:39.6, and 18-year-old Geoff Shaw placed 6th in 13:48.4. At the same meet, Murray Cheater set a national hammer record of 71.20/233'7", his series being 68.96, 71.20, 70.82, 70.46, 69.78, 70.76.

As for Bedford, he is enjoying his stay in Auckland (he arrived on New Year's Day) and training every day. I saw him do a track workout at Mt Smart Stadium recently and he was moving very well. He receives daily physiotherapy treatment for the stiffness and soreness which is a legacy of the former hamstring injury and subsequent operation. He does not intend to race in New Zealand but is solely over here to jog his way back to fitness in the warm conditions.

Murray McKinnon

10.1. Whangarei. 800: Walker 1:48.5. 14.1. Wanganui. Mile: Walker 3:57.6, Quax 3:58.6, Melville 4:02.5; 3000: Hermens (Neth) 8:00.8, Robertson 8:01.6. 17.1. Christchurch. 800: Walker 1:49.8; 5000: Quax 13:44.0; women's 400: Hunt 53.2. 17.1. Wanganui. Women's 1500/mile: Zorn 4:17.6/4:36.7. 17.1. Hamilton. Women's 100/200: Hughes 11.4w/24.0w. 17.1. Auckland. HT: Cheater 69.16/226'11". 21.1. Hamilton. 1500: Walker 3:41.9; 3000: Quax 8:02.4 . . . 3, Jack Foster (43) 8:17.4 (world age best); women's 800: Zorn 2:07.3. 24.1. Wellington. 800: Walker 1:46.6 (52.0, 54.6), McCurry (Aus) 1:49.6, Hunter 1:49.7; 1500: Quax 3:41.6, Melville 3:41.7; 3000SC: Robertson 8:29.0 (rec); women's 1500: Zorn 4:11.5 (rec), Cook (Aus) 4:13.2. Wright (Can) 4:18.2. 31.1. Auckland. 1500: Walker 3:35.6, Dixon 3:41.8, Melville 3:42.6; 5000: Quax 13:24.8, Robertson 13:39.6, Jones 13:40.2 . . . 6, Shaw 13:48.4; DT: Tait 58.90/193'3"; HT: Cheater 71.20/233'7" (rec); women's 1500: Zorn 4:13.2, Cook 4:13.8, Wright (Can) 4:15.8.

USA

23.1. San Francisco. (i) SP: GEOFF CAPES' series: 20.57/67'6", 20.85/68'5", —, —, 20.31/66'7½", —; 5, Semkiw 19.12/62'9". 25.1. Jackson. (i) 60y: Preston 5.9; LJ: Myricks 8.04/26'4½". 25.1. Irvine. (outdoors) Women's JT: Schmidt 61.82/202'10"; mile walk: S. Brodbeck 7:10.9 (world best). 30.1. New York. (i) 60y: McTear 5.9; 600y: Sowerby (Ant) 1:10.0, Vinson 1:10.6, Newhouse 1:11.0, Bolding 1:11.3; 880y: Wohlhuter 1:52.0, Enyeart 1:52.1, Tuitt (Tri) 1:52.3; 1000y: Boit (Ken) 2:07.4, Francis 2:08.1, Schappert 2:08.5, McElroy 2:08.5; mile: Cummings 3:57.6, Waldrop 4:01.3, Popejoy 4:01.6, Hilton 4:03.3; 5000: Fredericks 13:51.6, Virgin 13:54.4, RON MARTIN 13:56.2, NICK ROSE 14:02.4; 60yH: Hill 7.0, Davenport 7.1, Drut (Fra) 7.2, Shipp 7.2, Walker 7.3; HJ: Woods 2.24/7'4½", Kotinek 2.21/7'3½", Stones 2.21, Livers 2.21, Jankunis 2.18/7'2"; PV: Bell 5.33/17'6", Bucarski (Pol) 5.33, Baird (Aus) and Ripley 5.18/17'0", Rogers 5.18; women's 60y: Annum (Gha) 6.7; 1500: Merrill 4:15.2, Lutz (née Larrieu) 4:21.4; HJ: Huntley 1.88/6'2½", Bittner (Can) and White (Can) 1.78/5'10". 31.1. Portland. (i) 60m: Quarrie (Jam) 6.67, Whitaker and Minor 6.70; 5000: Ngeno (Ken) 13:35.6, Kimeto (Ken) 13:57.6; 60mH: Ngeno (Ken) 7.69, Gaines 7.70, Bramson 7.77; HJ: Woods and Kotinek 2.18/7'2"; PV: Tully 5.20/17'1"; SP: CAPES 20.74/68'0½", Wilkins 20.58/67'6½", Feuerbach 20.06/65'10"; women's 60m: Loverock 7.25; 1500: Lutz 4:19.5, Crowley (Can) 4:20.5; HJ: Huntley 1.85/6'1", Guyonnet (Fra) 1.83. 31.1. Albuquerque. 50y: McTear 5.2; 60y: McTear 5.9, Garpenborg (Swe) 6.1; 880y: Malan (SA) 1:52.1; mile: Cummings 4:04.6 . . . 4, Boit (Ken) 4:07.7; 2M: Bonzet (SA) 8:49.0, Shorter 8:49.4; HJ: Stones 2.21/7'3", Joy (Can) 2.18/7'2", Frazier 2.18; PV: Ripley 5.51/18'1", Carter 5.33/17'6", Slusarski (Pol) 5.33; TJ: Grimes 16.55/54'3½"; SP:

Hoglund (Swe) 20.21/66'3 $\frac{1}{2}$ "; Shmook 20.13/66'0 $\frac{1}{2}$ "; women's 60yH: Oshikoya (Nig) 7.7. **31.1. Belmont.** CC Trial (first 8 for Chepstow) Tuttle 37:23, Babiracki 37:29, Kardong 37:34, Herold 37:41, Sandoval 37:46, Flanagan 37:57, Huist 38:15, Smead 38:20.

EUROPEAN INDOOR RESULTS

9/10.1. Kaunas (USSR). TJ: Shevchenko 16.27/53'4 $\frac{1}{2}$ ", Mironenko 16.21/53'2 $\frac{1}{2}$ "; women's LJ: Alfeyeva 6.35/20'10", Potapova 6.32/20'9". **10.1. Budapest (Hun).** 60m: Gresa 6.6, Lepold 6.6. **10/11.1. Leningrad (USSR).** 60mH: Kulebyakin 7.7; SP: Baryshnikov 18.86/61'10 $\frac{1}{2}$ "; HT: (outdoors) Spiridonov 71.66/235'1"; women's 60mH: Anissimova 8.0. **11.1. Moscow (USSR).** Women's SP: Krachevskaya 18.47/60'7 $\frac{1}{2}$ ". **17.1. Budapest.** 60m: Gresa 6.4 (eq world best), Lepold 6.5, Lukacs 6.5. **24/25.1. Budapest.** 60m: Lepold 6.6; 800: Zsinka 1:50.4; 60mH: Bogner 7.8, Milassin 7.8; HJ: Kelemen 2.16/7'1"; women's HJ: Matay 1.84/6'0 $\frac{1}{2}$ ".

31.1. Madrid. (WG 72, Spain 49) 60m: Sarria 6.75; 3000: Weigt (WG) 8:04.0, Cerrada 8:04.0; HJ: Morillas 2.19/7'2 $\frac{1}{2}$ "; PV: Lohre (WG) 5.20/17'0 $\frac{1}{2}$ "; TJ: Kolmsee (WG) 16.03/52'7 $\frac{1}{2}$ ". **31.1. Pantin (Fra).** 800: Van Damme (Bel) 1:48.2, Meyer 1:50.4; 3000: Puttemans (Bel) 7:50.2 (3:54.0, 3:56.2), Thys (Bel) 8:07.0. **31.1. Boblingen (WG).** Women's 50m: Gang 6.3; 50mH: Mossner 7.1. **31.1/1.2. W Berlin.** 60m: Bieler 6.6; 60mH: Warbende 7.8; 7-event contest: Kratschmer 5734 (60—6.9, LJ—7.37, SP—14.73, HJ—1.98, 60H—7.9, PV—4.20, 1000—2:45.8), Bobin (Fra) 5700, LeRoy (Fra) 5585; women's 60m: Haest (Aut) 7.3; Pent: Denis-Debourse (Fra) 4490 (60H—8.7, 12.83, 1.82, 6.10, 60—7.8), Lechner (Aut) 4364. **31.1/1.2. Sofia (Bul).** 3000: Scholz (GDR) 7:59.4, Polak (Cze) 8:00.0; TJ: Biskupski (Pol) 16.21/53'2 $\frac{1}{2}$ "; women's 1500: Shtereva 4:10.4 (Eur best); 60mH: Schaluck (WG) 8.1.

EUROPEAN CLUBS CC CHAMPIONSHIPS

At Arlon (Bel), January 25th

1, FOSTER (Gateshead) 30:23; 2, Haro (Spa) 30:36; 3, Warnke (WG) 30:41; 4, Polleunis (Bel); 5, De La Parte (Spa); 6, Ryffel (Swi); 7, Leibold (WG); 8, Pinto (Por); 9, De Hertoghe (Bel); 10, O'Riordan (RoI); 11, J. Haro (Spa); 12, Umberg (Swi); 13, CRITCHLEY (Cardiff); 14, Pereira (Por); 15, Valenti (Ita); 16, FOWLES (Card); 17, ROBINSON (Gates); 18, Flood (RoI); 19, GARFORTH (Gates); 20, Alario (Spa); 21, Cassidy (RoI); 22, Sheridan (RoI); . . . 25, MYATT (Gates); 26, FINLAYSON (Card); 29, SPENCER (Card). **Teams:** 1, Palencia (Spa) 18; 2, Quelle Furth (WG) 33; 3, GATESHEAD 37, 4, Leuven (Bel) 41; 5, Bern (Swi) 45; 6, Lisbon (Por) 46; 7, Donore (RoI) 49; 8, CARDIFF 55; 9, Rome (Ita) 76.

Senior support race: 1, Caine (Gates) 31:21; 2, Coleby (Gates) 31:25; 3, M. Fletcher (Chelmsford) 31:27; 4, Cannon (Gates) . . . 8, Willoughby (Chelms); 11, P. Fletcher (Chelms); 17, Baggaley (Gates); 20, Cartwright (Gates). **Teams:** 1, Gateshead 7; 2, Chelmsford 22. **Jrs.** 1, Aubertin (Lorraine) 18:54; 2, Scorer (Gates) 19:02; 3, Van Damme (Lebbeke) 19:03; 4, Mills (Gates) . . . 7, Ridley (Gates). **Team:** Gateshead. **(Scolaires)** 1, Martin (Gates) 12:41; 2, Clifton (Gates) 12:52

Olympic Go-Ahead For Montreal

"IT has been confirmed that the Games will open on July 17th 1976 in Montreal". So ran the text of an International Olympic Committee statement issued from Innsbruck on January 31st.

The IOC have accepted the revised plans for the main stadium, as put to them by Dr Victor Goldbloom, the Quebec minister responsible for Olympic installations. "I am able to state", said Dr Goldbloom, "that as long as we have the continuing co-operation of all concerned—and that is a vital point—we will be able to provide a stadium which will be ready for the Games. In these last ten weeks it has been clear that it would not be completed but it shall be sufficiently ready for the holding of the Games. We shall complete it afterwards".

The capacity will be 72,000 as scheduled but as many as one third of the spectators will have to make do with temporary seating arrangements. The athletes' changing rooms will be of a prefabricated nature, installed at the side of the stadium, although the close proximity of the Olympic Village suggests that most athletes will change and shower there.

The Tartan track complex is due to be laid early in May, and it is hoped to stage an athletics meeting to test the facilities in late June.

That's the plan if all goes well but, as Dr Goldbloom conceded, if the co-operation of all concerned were not forthcoming "we could be in trouble". The severe winter in Montreal has been holding up work again, and there is the threat of further labour troubles ahead, so emergency arrangements have been worked out just in case. These would involve holding the athletics events in a stadium designated as one of the training tracks, where spectator accommodation would be minimal. Under no circumstances, it would appear from the statements of the Montreal organisers and the IOC, will the athletics programme be switched to another city or be postponed.

Mel Watman

. . . 6, Parr (Gates); 7, Johnston (Gates). **Team:** Gateshead. **(Cadets)** 1, De Feyter (Lebbeke) 7:30; 2, Nagel (Gates) 7:38 . . . 5, O'Connor (Gates); 17, Reid (Gates). **Teams:** 1, Lebbeke 24; 2, Gateshead 24. **(Minimes 'B')** 1, Finck (Spa) 3:40 . . . 9, Maguire (Gates); 11, Liso (Gates); 15, Brodley (Gates). **Teams:** 1, Lebbeke 13; 2, Lorraine 23; 3, Gateshead 35. **Overall teams:** 1, Gateshead 19; 2, Lebbeke 51.

MEXICO

Canada's Don Domansky made a successful comeback late last season, clocking 45.9 for 400 in Mexico.

NORTHERN CHAMPIONSHIPS

At Morpeth, January 31st

Juniors

1, M. Prince (City of Hull)	27:16
2, J. Woods (Liverpool H)	27:21
3, P. Murphy (Liverpool H)	27:22
4, M. Deegan (O&R) 27:36; 5, D. Johnstone (S Shields) 27:42; 6, L. Nicholson (S Shields) 27:49; 7, M. Plant (MAC) 27:50; 8, M. Mallinson (Long) 27:52; 9, G. Forster (Sund) 27:55; 10, P. Campbell (Bolt) 27:57; 11, M. Taylor (Sheff) 28:03; 12, J. Mills (Gates) 28:07; 13, S. Caldwell (Bolt) 28:09; 14, C. Hollingworth (Holm) 28:16; 15, B. Leddicot (Gates) 28:23; 16, Phil Gayter (Sale) 28:27; 17, A. Howden (Hal) 28:33; 18, P. Harker (Darl) 28:35; 19, R. Cadman (Hal) 28:36; 20, D. Scorer (Gates) 28:37; 21, S. Ridley (Gates) 28:40; 22, S. Walker (Bing) 28:57; 23, C. Holland (A&SV) 29:02; 24, P. Gayter (Sale) 29:06; 25, J. Verity (Bing) 29:07; 26, P. Munn (Sheff) 29:08; 27, P. Addison (S Shields) 29:09; 28, J. Fairclough (Ross) 29:10; 29, N. Jobson (Blay) 29:14; 30, A. Richardson (S Shields) 29:15; 31, N. Marston (Gates) 29:17; 32, J. O'Brian (MAC) 29:19; 33, M. Farrow (Sheff) 29:21; 34, C. Tidmarsh (Sale) 29:22; 35, N. Jones (Sale) 29:25; 36, S. Butler (Liv H) 29:27; 37, C. Western (Sheff) 29:34; 38, A. Rawcliffe (B'burn) 29:35; 39, G. Inson (Leeds) 29:43; 40, R. Patel (Bolt) 29:43; 41, G. Broster (MAC) 29:52; 42, J. Cowling (Brad) 29:54; 43, D. Orme (Leeds Un) 29:58; 44, P. Wilkinson (Leeds Un) 29:58; 45, P. Shaw (Sheff) 30:03; 46, S. Raine (Sund) 30:04; 47, B. Murphy (Pilk) 30:05; 48, D. Boothby (Gos) 30:07; 49, S. Murray (Salt) 30:10; 50, P. Irwin (Ross) 30:15. 114 finished.	

Teams: 1, Gateshead 68; 2, South Shields 68; 3, Liverpool H 101; 4, Sheffield 107; 5, Sale 109; 6, Bolton Utd 137; 7, Manchester AC 138; 8, Halifax 207; 9, Longwood 239; 10, Leeds Univ 257; 11, Saltwell 294; 12, Bradford GS 313; 13, Morpeth 364.

Youths

1, S. Ogden (Warrington)	21:33
2, K. Capper (Lancaster & Morecambe)	21:48
3, R. Sinclair (Sheffield)	21:53
4, D. Calvert (Liv P) 21:58; 5, S. Parr (Gates) 21:59; 6, M. Burgess (Sale) 22:04; 7, K. Forster (Salt) 22:10; 8, M. Brown (Darl) 22:13; 9, S. Anders (Pilk) 22:14; 10, J. Clark (Roth) 22:14; 11, C. Pulford (Darl) 22:18; 12, S. Cahill (Leeds) 22:25; 13, K. Rothwell (Pilk) 22:26; 14, A. Clifton (Gates) 22:28; 15, A. Houghton (Warr) 22:29; 16, S. Hampson (Sale) 22:32; 17, D. Sykes (Holm) 22:37; 18, S. May (Rown) 22:43; 19, M. Lavelle (Sale) 22:44; 20, C. Knight (Gates) 22:45; 21, A. Martin (Gates) 22:49; 22, K. Vose (B&F) 22:57; 23, M. Donnelly (Els) 22:59; 24, B. Robinson (Kend) 23:00; 25, P. Aldred (Stret) 23:01; 26, K. Jacques (Pilk) 23:01; 27, G. Liso (Gates) 23:03; 28, G. Maddison (Gates) 23:03; 29, M. Tunstall (Wirr) 23:07; 30, W. Johnstone (Gates)	

23:07; 31, D. Cohen (Brad) 23:07; 32, M. Scanlan (Sale) 23:10; 33, R. Varney (Leeds) 23:11; 34, G. Cross (Cty Hull) 23:11; 35, M. Scruton (Man) 23:12; 36, P. Livesey (Ross) 23:13; 37, T. Dunne (Mand) 23:18; 38, N. Turnbull (Leeds) 23:20; 39, G. Smith (J&H) 23:22; 40, P. Northrop (Man) 23:22; 41, P. Dows (Cty Hull) 23:24; 42, M. Haywood (Liv H) 23:33; 43, C. Maddocks (Hallam) 23:35; 44, A. Insson (Leeds) 23:37; 45, P. Denby (Bing) 23:37; 46, J. Sugden (Brad) 23:39; 47, I. Cochrane (E Ches) 23:42; 48, M. Flynn (Stret) 23:46; 49, I. McEvoy (Liv H) 23:47; 50, S. Mitchell (Hal) 23:50. 131 finished.

Teams: 1, Gateshead 60; 2, Sale 73; 3, Pilkington 106; 4, Leeds City 127; 5, Holmfirth 175; 6, Manchester 194; 7, Liverpool H 208; 8, Bradford 237; 9, Sheffield 243; 10, Hull 254; 11, Longwood 304; 12, Bingley 309.

Boys

1, R. Shorrocks (Blackburn)	11:29
2, S. Greenhalgh (Bolton)	11:40
3, D. Lewis (Rossendale)	11:41
4, A. Taylor (Kend) 11:47; 5, I. Rawlinson (B&F) 11:50; 6, M. Moore (Gos) 11:51; 7, S. Donnelly (Els) 11:52; 8, P. Dwyer (Liv P) 11:52; 9, J. O'Shea (Sale) 11:53; 10, T. Yates (MAC) 11:55; 11, P. Dixon (Ross) 11:55; 12, A. Okell (Sale) 11:58; 13, C. Bennett (Leeds) 11:58; 14, J. Dolan (Sale) 11:58; 15, A. Lawrence (Darl) 12:01; 16, A. Mathewson (Gos) 12:02; 17, C. Moore (Bing) 12:03; 18, P. Cowell (Ross) 12:06; 19, S. White (Leeds) 12:06; 20, C. Britton (Sale) 12:06; 21, T. Hobson (Long) 12:09; 22, P. Sharrington (Bolt) 12:10; 23, G. Nagle (Gates) 12:14; 24, C. Chandler (Sale) 12:18; 25, F. Peters (Stret) 12:18; 26, P. Robinson (Ken) 12:23; 27, I. Jones (Ken) 12:23; 28, C. Coan (Liv P) 12:23; 29, S. Morris (Gates) 12:23; 30, P. Collins (Sund) 12:23; 31, T. O'Neill (Leeds) 12:23; 32, M. Simpson (Sale) 12:23; 33, J. Mountain (Bing) 12:23; 34, G. Allen (Liv H) 12:23; 35, P. Dodds (Morp) 12:23; 36, M. Jennings (Hal) 12:28; 37, M. Coulson (Bolt) 12:28; 38, A. Suddards (Brad) 12:28; 39, M. Bohazuk (Darl) 12:28; 40, P. Mangan (Kend) 12:28; 41, K. Hall (Long) 12:28; 42, K. McGee (Wall) 12:35; 43, G. Smith (Sund) 12:35; 44, D. Gregory (Hall) 12:35; 45, D. Stevens (Gos) 12:35; 46, J. Allen (Liv H) 12:35; 47, A. Cordingley (Hal) 12:35; 48, M. Roberts (Kend) 12:38; 49, L. Pritchard (Bolt) 12:39; 50, C. Hallion (Sale) 12:39. 153 finished.	

Teams: 1, Sale 55; 2, Rossendale 83; 3, Kendal 97; 4, Bolton Utd 110; 5, Gosforth 126; 6, Leeds City 132; 7, Bingley 168; 8, Manchester AC 188; 9, Liverpool Pembroke 202; 10, Gateshead 204; 11, Sunderland 227; 12, Hallamshire 229.

Lost—left at Cosford on January 31st, two pairs of spikes, one Adidas, one Tiger. Would the person who picked them up please return to Miss L. Harvey, 16 Taylors Green, East Acton, London, W3 7PF.

Blackheath Harriers present the

2nd PHILIPS 100 x 1 MILE

CLUB RELAYS

at selected venues on

SUNDAY, 9th MAY, 1976 at 10 a.m.

- Enter to help the British Olympic Team in Montreal
- Raise Club funds through individual sponsorship
- Join with over 4000 athletes in promoting club spirit
- Large prizes for Clubs and sponsors
- Promotional costs and Prizes met by Philips Electrical Ltd.

In the 1975 event, 43 teams took part. They raised £1575 for the B.O.A. Sale Harriers set a new world club best performance—8 hours 5mins. 24.8secs. Men and women of all ages, 6yrs—71yrs, and whole families took part. All participating clubs raised funds, 6 clubs over £600.

YOU CANNOT AFFORD TO MISS THIS IN 1976

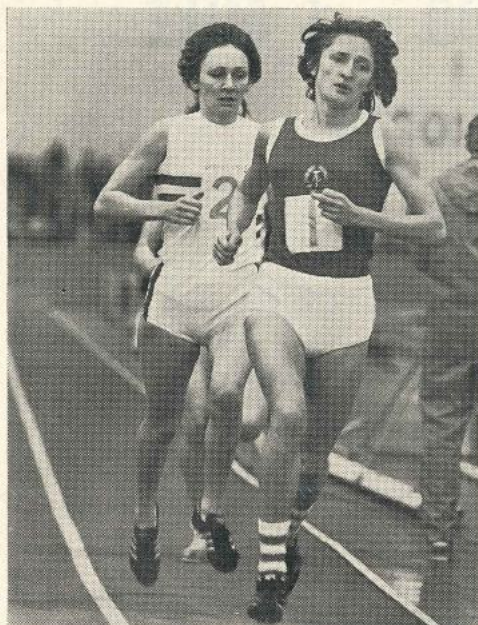
Further details from: Andy Frankish,
37b Derry Downs,
Orpington, Kent.
Tel: Orpington 39595

ENTRIES CLOSE MARCH 1st, entry fee £25 (25p per runner) payable to "British Olympic Association" as donation. Late entries £50.

Telephone queries to Chris Haines 01-777 6498. All 1975 participants have been sent details.

INDOOR ACTIVITY AT COSFORD

Photos by Ed Lacey, Tim Pike and Mike Street



Waltraud Strotzer, followed by Mary Stewart, paced herself to a UK all-comers 1500m best of 4:12.4 in the UK v GDR Match. Mary's time was 4:17.3.

Mike Street



The finish of the National 400m championship could hardly have been closer as Steven Scutt (left) pips Colin O'Neill in 49.0.

Ed Lacey



Lynne Harvey (11) brought off an unexpected victory in the national 1500m championship when she overhauled Norine Braithwaite (5) just before the line. Her time was 4:29.8.

Mike Street

With Andrea Lynch away in the USA, Sonia Lannaman came into her own at the Philips Cosford Games, taking the 60m in 7.3 ahead of Wendy Clarke (right) and Sharon Colyear.

Tim Pike



Denise Cooper, aged 17, who achieved a personal best of 1.78/5'10" last summer, lifted the national high jump title on the countback at 1.74/5'8½".

Tim Pike

Ainsley Bennett tracks Gunter Arnold in the UK v GDR 400m, followed by Andreas Scheibe. In a thrilling finish, Bennett won in 48.5.

Mike Street



Who's Who In British Athletics

BRIAN ADAMS

Born in Leicester, 13.3.1949; Height: 1.83/6'0"; Weight: 67kg/147lb; Pulse at rest: 43. Club: Leicester WC. Occupation: Teacher. Married (wife's name, Joy). Lives in Leicester. Hobbies and interests outside athletics: "Running a Youth Club and a Youth Bible Group at the local church, modernising our 'new' house, and food". Coach: Peter Markham (since 1967—previously uncoached).

Became interested in athletics "at school when a friend persuaded me to join him in the school walking team. Also did cross-country and middle distance from the first year at school". Joined Leicester Walking Club at the age of about 14. Never competed in an English Schools Championships as "there were no walks in the English Schools Championships whilst I was at school", but finished 95th in 1965 English Schools Cross-Country. Inspired in early days by Ron Clarke and Ken Matthews. Athletes he particularly admires today are Brendan Foster—"I like to see the British on top, and what a way to do it", and Bernd Kannenberg—"a great stylist with strength, and he's human!" When did he realise he could make international level? "I've always thought it was there since I was a Junior international, which itself came rather suddenly". Favourite event is the 20km walk.

Personal bests: 3000—12:18.0 (1975), 10,000—42:40.0 (1975), 20km—1:27:46 (1975), 20M—2:37:56 (1974), 50km—4:31:51 (1974). Junior international 1967-69, National Junior champion 1969, Senior international since 1974, AAA 10,000 champion 1975, 6th 1975 Lugano Cup 20km. Annual progression at 20km:

1969 1:48:52	1973 1:37:55
1970 1:43:02	1974 1:33:26
1971 1:45:50	1975 1:27:46
1972 1:37:35	

Most pleasing performance was "finishing sixth

in the Lugano Cup Final with so many 'stars' behind me and in a time only bettered by Paul Nihill amongst British walkers". Greatest disappointment is "the way walking has been mistreated in the Olympics (personal disappointments are soon swallowed up by further success)". Target for 1976 is "to be fighting it out in Montreal where it matters". All-time goal is to "become a consistent performer in internationals". Intends competing "as long as there is someone to compete against!" Will stay on in athletics after retirement—"coaching, general running of Leicester WC, working in schools—all of which I do now anyway".

What he most likes about athletics is "winning and mixing with top athletes". Dislikes the "boredom often met with when travelling to and hanging around at competitions abroad—but I still wouldn't miss them". Has run consistently on the country for the past ten years and has represented Leicestershire in the Inter-Counties Cross-Country Championships (186th in 1975). "Joy, my wife, and my parents have been very successful at chasing me with drinks and sponges in various 'long' races—I wouldn't be where I am without them".

Advice to a youngster taking up athletics: "Get some regular, consistent training behind you and build it up little by little over the years. NOT seven days training—three weeks off".

Comment: "As pointed out by Peter Fawkes in a letter to 'AW', walks—along with the hammer—are often completed before the meeting starts, eg Walk 12.00, 'First Event' 1.30 pm. We don't mind opening the meeting but at least include us in the advertising as being the first event. With Britain's top walkers thrashing the Poles in the Lugano Cup Semi-Final when they were out-of-sight on paper, I hope the Board will realise times aren't everything; we have shown we are as good as them, the East Germans, the Russians and the West Germans—see Lugano

WOLVERHAMPTON & BILSTON A.C.

CARL LISSEMAN

ROAD RELAY RACE (4 x 5000m)

(Under AAA Laws)

SATURDAY, 27th MARCH, 1976, 3 pm
FROM REGIS SCHOOL, TETENHALL

Prizes: Scratch Race Winners—Carl Lissemann Trophy plus 4 x £4 in prizes; 2nd Team 4 x £3 in prizes; 3rd Team 4 x £2 in prizes. Most Improved "A" Team over past 2 years—Wolverhampton Road Relay Trophy, plus 4 x £2 in prizes. Three fastest individuals, prizes £3, £2, £1.

Entries to K. J. Evans, 17 Edward Street, Wolverhampton, WV1 1QR close Sat., 13th March. Entry fee: 60p per team.

BLACKHEATH HARRIERS

WINTER TRACK MEETING, 1976

CRYSTAL PALACE, SUN., MARCH 14th

Start 1 p.m.

Events: Senior 100m, 300m, 600m, 1000m, 3000m, 2000mSC, HJ, LJ, PV, SP, DT, JT. Junior 100m, 300m, 600m, 1000m, HJ, LJ, PV, SP, DT, JT. Youth 100m, 300m, 600m, 1000m, HJ, LJ, PV, SP, DT, JT. Boys 100m, 600m, 1000m. Entry Fees (to cover track hire); 20p per event. Entries by letter to R. Taylor, "Stoneley," 14 Denbridge Road, Bickley, Kent. BR1 2AG (Tel: 01-467 6466) by March 9th.

NO PRIZES—ONLY TIMES

SAE for timetable

Brian Adams (left) seen during his finest performance to date, when he placed sixth (1:27:46) in the Lugano Cup Final 20km.



Mike Street

results. So let's go into our Olympic Trial on May 15th knowing the first three will go. We have proved we can clock world class times—it is the order that matters in the Trial not the times”.

Training

Trains seven days a week in winter, six to seven days a week in summer, at 7.00 am on Saturday and Sunday for 2—2½ hours and after school during the week for 1—1½ hours. All track work and weight training is done at Leicester Sports Centre (2km from home), otherwise on the road. Coaching has been very important: “I have great confidence in Pete (Markham), especially when we look back and see the way his decisions have produced the intended results. He has built-up my self-confidence and understanding so that I can now make these decisions myself, but we still discuss them. We train together four times a week (he is very much an ‘active’ coach). We can discuss a lot in a two hour walking session”. Enjoys all training “when it's going well”.

Training cycle: November 1975—March 1976: “General strength, endurance, races are not important”; March—July: “Racing period—sharpen-up—speed”; July onwards: “Post-Olympic racing period”.

Typical week's training in winter: Sunday—Easy 30km; Monday—8km run, weight session (example: 3 x 10 x 28kg press behind neck, 10 x 15kg hip flexors, 15 inclined sit-ups, 10 x 10kg knee extensors, 15 dorsals, 30 x 48kg calf raises, 12 x 54kg bench press), 2km run home; Tuesday—Track session: 10 x 1km with 600m steady recovery; Wednesday—Fast 10km; Thursday—8km run, weights session and 2km run home; Friday—Brisk 15km; Saturday—Brisk 20km.

Typical week's training in summer: Sunday—20km easy; Monday—20km easy; Tuesday—10km fast; Wednesday—Track: brisk 10km (47 minutes

with a change of gear into a final 5km at 22:30); Thursday—10km steady; Friday—Rest; Saturday—20km race (Lugano Cup Trial—2nd in 92:21).

Comments: “Training is always quite flexible—I have great confidence in myself and my build-up over several weeks. Missing two days training due to travel prior to a big race poses no psychological problems. Even when I missed the boat to the Lugano Final and arrived at 2.00 am on the day of the race it did not upset me, especially with that really great team manager Reg Wells looking after me. Apologies to Reg, the Board and anyone put out by this episode”.

Present training differs from last year in that it contains “more mileage—more often—faster”. No major changes planned for the future. Takes no more than one day's rest before a major competition—“If I have been travelling all day some short session is handy”. Likes to compete “every week, but you have to get your priorities right, haven't you?”

VIRGINIA LOVELL

Full name: Virginia Claire Lovell. Born at Boston (Lincs), 1.7.1955; Height: 1.70/5'7"; Weight: 55kg/121lb; Pulse rate at rest: 64. Club: Birchfield Harriers. Occupation: Student of food chemistry at Leeds University. Single. Lives in Solihull. Hobbies and interests outside athletics: “I try to cultivate an interest in the arts to counteract the scientific bias of my education. I also enjoy discos and going for walks at normal speed”. Coached by Mrs D. Nelson-Neal from 1972 to 1974—“now she is more of an advisor than coach”.

Became interested in walking in 1971 “after having a go at school”. Joined Solihull AC that year. Competed in the English Schools Cross-Country Championships once in 1973—“I was in the first 100, just”. Greatest inspiration has been provided by “seeing elder sister Angela

train". Realised she could make international level when she finished third in the 1972 WAAA Championships. Favourite event: Road Walks.

Personal bests: 3000—15:02.0 (1975), 5000—25:02.8 (1975). WAAA 5000 champion 1975; UK international since 1975. Annual progression:

	2500	3000	5000
1971	14:48.0	—	—
1972	12:58.0	16:21.0	27:20.0
1973	13:09.2	15:28.0	25:58.6
1974	13:51.6	—	—
1975	—	15:02.0	25:02.8

Most pleasing performance was winning the WAAA Championship in 1975. "I don't like to set targets other than to continue to be satisfied in my performance". What she most likes about athletics is "training—I find it very relaxing". Dislikes "race walking past pubs!" Sister Angela and brother-in-law Frank Briscoe are international runners and her younger sister runs sometimes. Advice to a youngster taking up athletics: "Don't take it too seriously".

Comment: "I would like to see more women's races being held in conjunction with the men's races. I think this would be an encouragement to both the male and female athletes. I would, of course, like to see walking kept in the Olympics".

Training

Trains five to six days a week, either at lunch times or if it's hot, in the evening; usually on the roads. Good facilities available at Cleckheaton (8 miles) when living in Leeds or Perry

Park (12 miles) and Warley (8 miles) whilst living in Solihull—"but rarely bother". Coaching "was very important at first as I didn't have any idea about how to race walk—now I just like to have someone to constructively criticise my technique". No training cycles—"I hate schedules, I enjoy doing what I want when I want".

Typical week's training in winter: Sunday—6 miles steady; Monday—3 miles on hilly circuit; Tuesday—4½ miles; Wednesday—3 to 4 miles with perhaps some speed work as well, eg 4-5 x 200m; Thursday—4½ miles; Friday—Rest; Saturday—Race or 3 miles. Comment: "I do weight training Monday, Tuesday, Thursday and Friday in the winter—not much though".

Typical week's training in summer: Sunday—4 x 1 mile; Monday—32 x 100m; Tuesday—4 miles; Wednesday—16 x 200m; Thursday—3 miles steady; Friday—Rest; Saturday—Race or 2½ miles. Comment: "Warm up consists of two laps jog, walk one lap slowly, 3x 60m. It is very difficult to say what training I do. I do not usually plan very much as my timetable at University is somewhat erratic—so I have to do what I have time for".

Likes one day's rest before a major competition. Likes to compete "about once a fortnight, but living in Leeds means that this would turn out to be very expensive".

Next to be featured in the Who's Who:
PETE BROWNE & ASTON MOORE

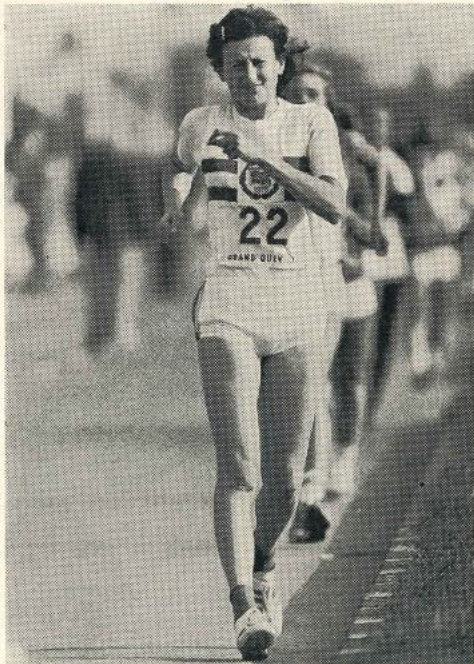
BEDFORDSHIRE CC CHAMPS

At Ampthill Park, January 17th

1, I. Thompson (Luton United)	36:36
2, D. Lockley (Luton United)	36:53
3, G. Bourne (Luton United)	38:16
4, H. Quince (Bed)	38:20; 5, P. Odell (Bed)
38:55; 6, G. White (Lut)	39:25; 7, F. Stebbings (Lut)
39:41; 8, L. Mann (Bed)	39:42; 9, S. Morris (Lut)
40:16; 10, T. Arnold (E&S)	40:46. Teams:
1, Luton Utd	12; 2, Bedford & Co
33; 3, Luton Utd 'B'	54; 4, Biggleswade
85; 5, SKF	103. (Juniors):
1, R. McCarthy (Bed)	39:17; 2, M. Shotbolt (Bed)
40:06; 3, P. Dumont (Lut)	40:55; 4, L. Pearson (Bed)
41:12; 5, C. Christian (Bed)	42:32; 6, A. Bichenor (Bed)
42:37. Team:	Bedford & Co.

Youths

1, A. Ingram (Bed)	24:44; 2, R. Denehey (Bed)
25:11; 3, T. Currant (Lut)	26:06; 4, A. Phillips (Biggs)
27:09. Team:	Bedford MS 26. (Boys):
1, A. Clark (Lut)	13:17; 2, P. Vigors (Bed)
13:50; 3, N. McVey (Lut)	14:10; 4, J. Moroney (Bed)
14:15; 5, M. Goodwin (Bed)	14:15; 6, T. Coles (Lut)
14:16. Teams:	1, Bedford & Co
18; 2, Luton Utd	19; 3, Bedford MS
57. (Colts):	1, A. Wakefield (Lut)
14:03; 2, A. Buck (Bed)	14:11; 3, G. Spring
14:35; 4, V. Hobbins (Lut)	14:48; 5, S. Goodwin (Bed)
15:04; 6, R. Few (Lut)	15:08. Teams:
1, Bedford & Co	17; 2, Luton Utd
20.	



VIRGINIA LOVELL

Mike Street

TUCKS DOMINATE EASTERN CHAMPIONSHIPS

1, Graham Tuck (Cambridge & Coleridge) 48:19
 2, Gren Tuck (Cambridge & Coleridge) 48:19
 3, R. Church (Peterborough) 50:41
 4, H. Quince (Bed) 50:49; 5, A. Bland (Grim) 51:01; 6, I. Thompson (Lut) 51:09; 7, L. Irvine (C&C) 51:27; 8, W. Getty (P'boro) 51:35; 9, M. Whatmough (Linc W) 51:42; 10, A. Boast (C&C) 51:43; 11, N. Rust (Hunt) 51:46; 12, G. Bournes (Lut) 51:52; 13, F. Stebbings (Lut) 51:57; 14, G. Newton (Lut) 52:03; 15, J. Clark (Grim) 52:06; 16, G. White (Lut) 52:11; 17, D. McArthur (C&C) 52:23; 18, J. Bigham (Hunt) 52:34; 19, J. Barker (Grim) 52:37; 20, P. Odell (Bed) 52:46; 21, B. Jeffs (Hunt) 52:52; 22, E. Jacklin (Grim) 53:00; 23, J. Daniels (Low) 53:04; 24, E. Seberton (C&C) 53:11; 25, R. Brooke (C&C) 53:25; 26, N. Goodwin (Grim) 53:32; 27, R. Bryan (C&C) 53:40; 28, J. Jenkins (Hunt) 53:51; 29, D. Maxwell (Lut) 53:57; 30, L. Rudling (Bed) 54:22; 31, L. Devlin (Lut) 54:30; 32, J. Wright (Norf) 54:37; 33, J. Spencer (Grim) 54:45; 34, J. Roberts (C&C) 54:49; 35, P. Ashton (Grim) 54:58; 36, L. Woodner (Norf) 55:01; 37, D. Bucke (C&C) 55:12; 38, A. Butcher (Ips) 55:36; 39, T. Stowe (Camb Un) 55:37; 40, G. Thomas (Lut) 55:45. 99 finished.

Teams: 1, Cambridge & C 61; 2, Luton 90; 3, Grimsby 120; 4, Huntingdon 171; 5, Ipswich 307; 6, C&C 'B' 316; 7, Lincoln Wellington 403; 8, Univ of East Kent 413.

Juniors

1, N. Field (South Holland) 32:35
 2, J. Davy (Ipswich) 33:33
 3, M. Mangan (Peterborough) 33:35
 4, S. Payne (Norf) 33:46; 5, M. Alsbury (SH) 33:54; 6, N. Shotbolt (Bed) 34:50; 7, M. McCarthy (Bed) 35:13; 8, M. Green (C&C) 35:52; 9, G. Jarvis (Norf) 36:08; 10, L. Pearson (Bed) 36:10; 11, S. Faulkner (Linc C&C) 36:11; 12, N. Kingsbury (Ips) 36:12; 13, M. Akester (C&C) 36:23; 14, W. Napier (Norf) 36:24; 15, P. Clark (Grim) 36:25. **Teams:** 1, Bedford 23; 2, Norfolk Gazelles 27; 3, South Holland 34; 4, C&C 52; 5, Univ of East Anglia 63.

Youths

1, B. Bells (Norfolk Olympiades) 22:41
 2, A. Constable (Cambridge & Col) 22:58
 3, A. Ince (Cambridge & Col) 23:12
 4, A. Ingram (Bed) 23:22; 5, R. Denchey (Bed) 23:32; 6, G. Moss (Norf) 23:54; 7, A. Ramm (SH) 23:57; 8, P. Marshall (Linc W) 24:00; 9, D. McKenna (SH) 24:06; 10, D. Gee (Low) 24:09; 11, G. High (Low) 24:17; 12, A. Whaley (SH) 24:41; 13, Jones (Stam) 24:55; 14, A. Holness (Grim) 24:57; 15, S. Atkins (SH) 25:01; 16, L. Largley (SH) 25:04; 17, C. Price (Hunt) 25:05; 18, W. Hill (Low) 25:05; 19, A. Phillips (Bigg) 25:16; 20, M. Aston (Grim) 25:21; 21, G. Rizzo (P'boro) 25:35; 22, Durrant (Stam) 25:37; 23, J. Sheldrick (C&C) 25:38; 24, I. Searle (C&C) 25:43; 25, S. Preston (N Sch) 25:55. **Teams:** 1,

At Ipswich, January 31st

South Holland 43; 2, Cambridge & Coleridge 52; 3, Stamford Sch 89; 4, King Edwards VIII 131; 5, Norwich Sch 133.

Boys

1, S. Moule (C&C) 16:49; 2, S. Wilson (Ips) 16:50; 3, S. Jones (Norf) 17:44; 4, A. Clark (Lut) 17:56; 5, C. Quadling (Low) 18:19; 6, A. Bright (Col) 18:19; 7, G. Deans (Norf) 18:28; 8, J. Feeney (Grim) 18:37; 9, J. Christie (Norf) 18:40; 10, J. Measures (SH) 18:43; 11, S. Robinson (Bigg) 18:50; 12, N. Overton (SH) 19:01; 13, N. Atkin (Grim) 19:02; 14, M. Field (Melb) 19:07; 15, G. Knight (Low) 19:09; 16, A. Dunn (C&C) 19:14; 17, P. Vigors (Bed) 19:17; 18, N. Tennant (C&C) 19:18; 19, T. Coles (Lut) 19:20; 20, J. Moroney (Bed) 19:27; 21, Cox (Stam) 19:35; 22, P. Daniels (Low) 19:36; 23, P. Murphy (Stam) 19:37; 24, C. Chinn (Col) 19:39; 25, P. Everleigh (Linc W) 19:40; 26, P. Prosser (SH) 19:40; 27, M. Lake (King E) 19:43; 28, I. Gentle (SH) 19:47; 29, M. Jones (Col) 19:53; 30, T. Hardy (For) 20:01. **Teams:** 1, Norfolk Oly 19; 2, Cambridge & C 35; 3, Lowestoft 42; 4, South Holland 48; 5, Luton Utd 55; 6, Colchester 59; 7, Grimsby 64; 8, Bedford 75; 9, Melbourn 83; 10, Stamford 89; 11, Norwich Sch 133; 12, King Edward VIII 133; 13, Lincoln Wellington 152; 14, Biggleswade 153; 15, Forest Heath 163.

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WOMEN'S NATIONAL CC CHAMPS

At Blackburn, January 31st

Seniors

101, S. Lloyd (Wall); 102, R. Garsson (E&E); 103, K. Lloyd (W Suff); 104, K. Snook (E&E); 105, H. Cleaver (Camb H); 106, A. Colley (Stret); 107, C. Chapman (Bolt); 108, K. Holden (S&E); 109, S. Franklyn (Dby); 110, L. Cooper (Sheff); 111, S. McCurdy (Sale); 112, A. Wilson (Sheff); 113, A. Lawson (Stret); 114, E. Fleming (A&SV); 115, D. Parsons (Farn); 116, E. Sissons (E&E); 117, K. Mosen (High); 118, G. Mather (Bury); 119, C. Timney (W&B); 120, S. Newbold (A&SV); 121, S. Shields (Hull S); 122, M. Thomas (Thirsk); 123, S. Brown (Stoke); 124, W. Forcett (Hav); 125, K. Walker (Burn-Ind); 126, J. Barrett (Thirsk); 127, M. Coleman (Camb H); 128, P. Hiley (Card); 129, J. Fox (Dby); 130, C. Stroid (E&E); 131, S. Dean (Long); 132, G. Baldwin (Stret); 133, S. Pendlebury (Bolt); 134, S. Woodhose (E&E); 135, C. Sharples (Leic); 136, R. Willis (Ver); 137, S. Clarkson (Dby); 138, P. Owers (Notts); 139, C. Daniels (Warr); 140, L. Degg (Stoke); 141, M. Hodges (Leam); 142, J. Coker (High); 143, A. Naylor (Ver); 144, H. Penfold (E&E); 145, J. Halfpenny (Wall); 146, P. Woolcock (High); 147, A. Billington (Pilk); 148, C. Ward (Ver); 149, M. Wilkinson (High). First 100 and teams appeared last week.

Intermediates

1, R. Smeeth (Aldershot, Farnham & Dist) 13:52
2, C. Brace (Verlea) 14:00
3, K. Trunley (Ilford) 14:06
4, J. Lawrence (Pilk) 14:12; 5, T. Lattimore (Har) 14:17; 6, K. Robinson (Pit) 14:26; 7, B. Madigan (Brack) 14:28; 8, J. Duncan (Green) 14:29; 9, J. Winder (Bord) 14:31; 10, J. Whiteley (Leeds) 14:32; 11, A. Tamplin (Har) 14:35; 12, M. Bone (West) 14:38; 13, S. Parker (Warr) 14:40; 14, L. Fletcher (B&R) 14:43; 15, F. Oldershaw (Dby) 14:45; 16, V. Stammers (Hull S) 14:47; 17, J. Eyles (Ver) 14:48; 18, B. Nolan (Alt) 14:49; 19, H. Purton (Stoke) 14:52; 20, J. Dawkins (S&E) 14:53; 21, L. Day (Ver) 14:56; 22, M. Johnson (Sale) 14:57; 23, M. Galloway (Port) 14:58; 24, T. Hook (Felt) 14:59; 25, J. Donovan (Warr) 15:00; 26, A. Matheson (Warr) 15:02; 27, Y. Rowe (Dby) 15:07; 28, J. Robson (Mx) 15:09; 29, C. Avery (Dby) 15:12; 30, L. Stephenson (Ex) 15:13; 31, J. Furness (Sheff) 15:15; 32, J. Carver (Warr) 15:15; 33, B. Samms (Uxb) 15:17; 34, B. Frank (Mit) 15:19; 35, S. Nockall (Ver) 15:19; 36, C. Reeves (Sale) 15:21; 37, K. Butters (Leic) 15:22; 38, D. Cresswell (Cov) 15:24; 39, C. Goodman (B'mouth) 15:27; 40, B. Nolan (Alt) 15:28; 41, C. Thompson (Leeds) 15:28; 42, K. Pilling (Ross) 15:31; 43, S. Bush (B'burn) 15:32; 44, J. Schuzler (Gates) 15:33; 45, M. Bryanley (Camb H) 15:37; 46, V. Whitfield (Port) 15:38; 47, M. Kirkwood (Brack) 15:38; 48, K. Tuffnell (Camb H) 15:38; 49, R. Hann (Dby) 15:41; 50, D. Wilkins (Uxb) 15:42;

51, S. Nuttall (West) 15:43; 52, W. Poplewell

(Sky) 15:44; 53, V. Cullen (Har) 15:45; 54, C. Thixton (Mit) 15:45; 55, J. Ainscoe (Dby) 15:47; 56, J. Thomas (Cov) 15:48; 57, G. Perry (Stoke) 15:48; 58, A. Grewar (Malet L) 15:49; 59, J. Cooney (B'field) 15:49; 60, F. Rodgers (W Suff) 15:50; 61, S. Finn (B'burn) 15:50; 62, J. Williamson (E&E) 15:54; 63, V. Hodson (B'burn) 15:55; 64, S. Noble (Har) 15:56; 65, J. McDermott (Cann) 15:58; 66, J. Murray (Stock) 15:59; 67, A. Warner (Ind) 16:00; 68, J. Haywood (Wyc) 16:00; 69, K. Tedd (Cov) 16:02; 70, J. Willis (Spn) 16:02; 71, F. Mackenzie (Pit) 16:02; 72, B. Holmes (Holm) 16:05; 73, A. Owens (Hav) 16:05; 74, S. Mayer (Stoke) 16:05; 75, J. Rout (Felt) 16:08; 76, G. Morrison (Leic) 16:09; 77, J. Holt (Bury) 16:11; 78, J. Doherty (Ross) 16:12; 79, L. Bowness (L&M) 16:12; 80, C. Harding (E&E) 16:15; 81, C. Hills (F&C) 16:15; 82, A. Dalton (Port) 16:15; 83, J. Bennett (Felt) 16:17; 84, N. Hill (Read) 16:18; 85, S. Cunningham (Brack) 16:22; 86, H. Moore (Leic) 16:24; 87, S. Pawsley (F&C) 16:25; 88, S. Miller (B'mouth) 16:25; 89, E. Spurgin (W&B) 16:27; 90, A. Gough (Bed) 16:27; 91, S. Saunders (Hav) 16:30; 92, S. Kerambrum (B'burn) 16:32; 93, D. Phillips (Brack) 16:33; 94, L. Collier (Read) 16:34; 95, N. Towndrow (Alt) 16:35; 96, K. Boote (Stoke) 16:36; 97, A. Sullivan (Bed) 16:36; 98, C. Shaw (B'burn) 16:36; 99, D. Briggs (Cty Hull) 16:38; 100, J. Mottershead (Sale) 16:38;

101, E. Levett (Hales); 102, J. Davidson (Read); 103, S. Hesp (Warr); 104, P. Murphie (Hav); 105, L. Wright (Bury); 106, C. Hitchings (Camb H); 107, H. McKinnon (Stoke); 108, A. Austin (Hill); 109, J. Stevens (E&E); 110, M. Fletcher (Ross); 111, J. Hill (Read); 112, J. Bentic (Camb H); 113, V. Derby (B'field); 114, W. Smith (Felt); 115, C. Wooley (Cann); 116, C. Simon (Ayl); 117, S. Hughes (Stock); 118, P. Staines (Leeds); 119, E. Whiting (Camb H); 120, L. Beardsworth (Bury); 121, G. Brook (Spn); 122, S. Brown (Read); 123, G. Eckershall (Bury); 124, H. Elderfield (Mit); 125, S. Steadman (Hav); 126, J. Dransfield (Spn); 127, C. Grayling (Ex); 128, A. Good (Ver); 129, J. Telford (Dby); 130, C. Fergusson (B'field); 131, V. Kelly (Stoke); 132, S. Huddleston (Bury); 133, S. Willmore (Ver); 134, C. Bell (Leeds); 135, J. Fuller (Bed); 136, A. Foster (Spn); 137, N. Minnette (Wyc); 138, D. Flannagan (Leam); 139, D. Brown (Mit); 140, B. Rhodes (Dby); 141, H. Longstaff (Burn); 142, L. Exon (Leic); 143, J. Morgan (Card); 144, M. Cunliffe (Card); 145, A. Mosen (High); 146, H. Cunliffe (Leic); 147, Y. Hardwick (Cov); 148, C. Carter (B'field); 149, A. Wear (Bed); 150, H. Goodge (Bed); 151, H. Nicholls (Sale); 152, S. Wilgate (Felt).

Teams: 1, Verlea 75; 2, Warrington 96; 3, Derby 120; 4, Harlow 133; 5, Bracknell 232; 6, Stoke 246; 7, Blackburn 259; 8, Feltham 296; 9, Leeds 303; 10, Sale 309; 11, Coventry 310; 12, Cambridge H 311; 13, Leicester 341; 14, Mitcham 351; 15, Reading 391; 16, Havering 393; 17, Bury 425; 18, Birchfield 450; 19, A&SV 453; 20, Bedford 471.

Juniors

- 1, A. Pattinson (Stoke) 12:14
- 2, P. Clarke (Sale) 12:21
- 3, S. Antherson (Leeds) 12:24
- 4, E. Harding (E&E) 12:25; 5, S. Samy (Brack) 12:26; 6, F. McQueen (Vic P) 12:28; 7, T. Travis (Pilk) 12:34; 8, D. Watson (Dby) 12:41; 9, S. Little (Bolt) 12:42; 10, C. Muntzer (High) 12:43; 11, A. Beattie (AF&D) 12:45; 12, J. Parker (Bris) 12:46; 13, K. Stocks (Sale) 12:47; 14, E. Haresfield (Sale) 12:48; 15, S. Sadler (Port) 12:48; 16, S. Gwinnell (Bris) 12:48; 17, S. Richardson (Sale) 12:49; 18, J. Ager (W Suff) 12:50; 19, K. Dunn (F&C) 12:52; 20, L. Payne (Uxb) 12:53; 21, M. Samy (Brack) 12:53; 22, J. Bull (Read) 12:53; 23, T. Blackburn (Wyc) 12:55; 24, S. Curtis (AF&D) 12:56; 25, K. Boyce (Leic) 12:57; 26, K. Rankin (Sale) 12:57; 27, C. Thomas (B'mouth) 13:01; 28, L. Plant (B&R) 13:02; 29, K. Harvey (B'mouth) 13:03; 30, D. Lewis (Card) 13:04; 31, J. Potter (Warr) 13:05; 32, J. Bates (Stoke) 13:06; 33, D. Buckley (Lut) 13:07; 34, A. Clifford (Wyc) 13:08; 35, F. Jankowski (Sale) 13:09; 36, J. Hull (Darl) 13:10; 37, J. Simcock (Stoke) 13:11; 38, C. Woodace (S&E) 13:12; 39, W. Sharple (Pit) 13:12; 40, S. Hutton (Brack) 13:12; 41, R. Bowyers (Ches) 13:13; 42, C. Brooker (Mite) 13:14; 43, A. Mozley (Long) 13:15; 44, D. Bishop (Warr) 13:15; 45, S. Luke (Felt) 13:17; 46, M. Harding (E&E) 13:18; 47, S. Bunyan (BoE) 13:19; 48, G. Walls (Cty Hull) 13:20; 49, S. Barnet (L&M); 50, D. Wright (Bord);
- 51, C. Edwards (Shrew); 52, S. Gammock (Pit) 53, S. Grant (Cann); 54, M. Glossop (Sheff); 55, D. Heckingbottom (B'burn); 56, J. Moss (Darl); 57, B. Tierney (Stev); 58, J. Prunty (Hill); 59, A. Hesketh (Stret); 60, J. Vernon (Stev); 61, J. White (Mit); 62, L. Dunne (Dby); 63, S. Brackwell (Bris); 64, A. Rowe (Ver); 65, S. Kalimeraki (High); 66, S. Holder (Sale); 67, M. Werder (Park); 68, S. Kirkwood (Blay); 69, T. Scully (Sale); 70, F. Duff (Darl); 71, C. Clarke (B'field); 72, K. McDermott (Brec); 73, E. Harns (Cann); 74, S. Johnson (Leic); 75, P. Gough (Sale); 76, C. Mott (Bury); 77, J. Cullen (E&E); 78, M. Hopkins (Cov); 79, L. Jones (New); 80, S. Gent (Leeds); 81, D. Byron (Bord); 82, E. Frame (Stoke); 83, J. Frankland (Mit); 84, K. White (E&E); 85, J. Elliott (Verl); 86, C. Lloyd (Hales); 87, J. Taylor (L&M); 88, D. Jeffer (S&E); 89, A. Gandy (S&E); 90, D. Buffey (Malet HS); 91, A. MacKay (B'field); 92, K. White (B'mouth); 93, J. Robey (Hav); 94, Y. McGegar (A&SV); 95, L. Mosen (High); 96, B. Totman (Camb H); 97, C. Green (B'field); 98, S. Davis (Malet HS); 99, A. Wilsmore (Ver); 100, S. Williams (Breck);
- 101, H. Lovick (Cov); 102, J. Tutham (A&SV); 103, D. Pattson (Cty Hull); 104, C. Wood (Leeds); 105, J. Mancey (Read); 106, S. Bannister (Hough); 107, L. Ward (E&E); 108, A. Whiffery (Melb); 109, G. Pullar (Pit); 110, L. Molyneux (Pilk); 111, A. Kelly (Farn); 112, D. Waite (Bord); 113, R. Toth (ASV); 114, L. Dunn (Wyc); 115, L. Tivey (Stock); 116, M. Briggs (Warr);
- 117, F. Stetton (B'mouth); 118, A. Sucksmith (ASV); 119, G. Gleddes (Bord); 120, Healey (New); 121, K. Jacobs (Uxb); 122, W. Phillips (Shrew); 123, Y. Edwards (Cann); 124, A. Taylor (Caith); 125, G. Reece (Card); 126, J. Aspinall (Bolt); 127, J. Daly (Bury); 128, K. Plant (Brom); 129, F. Lowson (Darl); 130, S. Lever (Bolt); 131, L. Mocabe (Darl); 132, J. Arkell (Cann); 133, J. Pennells (Dby); 134, A. Waddell (Cann); 135, J. Dawson (Leeds); 136, S. Godley (Cty Hull); 137, S. Horwood (Card); 138, S. Hooper (Card); 139, K. Sidwell (Read); 140, S. Davies (Barn); 141, J. Bird (Leic); 142, S. Evans (Shrew); 143, D. McIntyre (Ross); 144, S. Muir (Sale); 145, L. Doyle (Leeds); 146, D. Evans (Stret); 147, S. Marlow (Brack); 148, D. Gwynne (Brec); 149, C. Embury (Camb); 150, G. Telford (Dby);
- 151, E. Beckett (Long); 152, C. Kearney (Card); 153, K. Corry (Bury); 154, N. Cleaver (Camb); 155, C. Andrews (Hill); 156, P. Winter (Bolt); 157, L. Jackson (Burn); 158, D. Styles (Wyc); 159, C. Kissock (Manx); 160, A. Watkins (Uxb); 161, Y. Jesson (Alt); 162, A. Cummings (Hall); 163, A. Rhodes (Dby); 164, T. Slyn (Hill); 165, J. Fay (Warr); 166, R. Van Eden (Brack); 167, S. Lewis (S&E); 168, M. Stone (Dby); 169, J. Hemmings (Leam); 170, R. Harden (Mit); 171, D. Gee (Spen); 172, W. Proctor (A&SV); 173, S. Reeve (Blay); 174, K. Richardson (B'field); 175, C. Harrell (Ex); 176, D. Halloran (Spen); 177, J. Ferguson (Bed); 178, S. Hunt (Alt); 179, D. Hand (W&B); 180, R. Taylor (Barn); 181, M. Fowler (Hall); 182, S. Page (Stev); 183, A. Langley (Bed); 184, L. Savage (Bris); 185, C. Bingham (L&M); 186, C. Holmes (Darl); 187, T. Carroll (Stret); 188, L. Lee (Leic); 189, A. Greaves (B'burn); 190, W. Cawte (Uxb); 191, D. Copp (Pit); 192, K. Frame (Stoke); 193, C. Brown (Hull S); 194, V. Harper (Hales); 195, L. Aston (W&B); 196, N. Ruskin (Hert); 197, W. Baits (Leam); 198, N. Winter (Bolt); 199, Francis (New); 200, A. Hester (Brack);
- 201, A. Wallis (Camb); 202, K. Sumner (Pilk); 203, S. Richardson (Holm); 204, A. Pickering (Stoke); 205, N. Burnell (Gates); 206, M. Noble (Har); 207, K. Oakley (Dud); 208, A. Cannon (AF&D); 209, L. Dabre (Card); 210, J. Evans (Sale); 211, L. Kemp (Shrew); 212, J. Leversedge (Brec); 213, B. Winstanley (Bury); 214, K. Fennel (Brack); 215, J. Mackay (Holm); 216, A. Greenwood (Ross); 217, A. Warren (Dby); 218, J. Hodgkinson (Warr); 219, K. Shann (Malet HS); 220, S. Cockram (Warr); 221, S. Arnold (Camb); 222, L. Roughley (Pilk); 223, T. Gomer (Hav); 224, J. Pennigen (Felt); 225, R. Heathcock (Dud); 226, D. Woolard (Melb); 227, T. Smithies (Bury); 228, R. Ellis (Card); 229, S. Waters (Card); 230, K. Watts (C&C); 231, W. Collins (Melb); 232, A. McLevanna (W'loo); 233, J. Gallant (Malet HS); 234, T. Higgs (Mit); 235, V. Gormley (Cann); 236, J. Mill (Leic); 237, C. Weale (Brec); 238, J. McNichollas (Warr); 239, S. Wolfe (Bury); 240, L. Jones (Ross); 241, C. Evans (Burt); 242, P. Ward (Ver); 243, J. Peers (Alt); 244, S. Southern (Har); 245, C. Yelland (Stoke); 246, B. Grass (Cov) 247, S. Jones (Hav); 248,

M. Chick (New); 249, T. Johnson (Spen); 250, K. Trotter (Vic P);

251, L. Taylor (Gates); 252, J. Baron (Ross); 253, A. Blackley (Card); 254, C. Smith (Long); 255, J. Digby (Mit); 256, K. West (Bed); 257, J. Scott (Hall); 258, W. Thomas (Bed); 259, S. Reed (Card); 260, D. Ross (Long); 261, D. Tabor (S&E); 262, M. McDonald (Darl); 263, D. Woolway (Mallet HS); 264, A. Williams (Stoke); 265, S. Manley (Card); 266, F. Llewellyn (Cov); 267, M. Hill (Warr); 268, L. Jenkinson (Wall); 269, K. Rogers (Felt); 270, D. Holmes (Hall); 271, A. Slater (Card); 272, N. Newton (Long); 273, F. Walters (Read); 274, M. Zajac (Stret); 275, R. Bates (Dby); 276, L. Hayes (Burn); 277, F. Healey (Ver); 278, S. Jennings (Ross); 279, L. Dean (Stev); 280, J. Robinson (B'field); 281, J. Gaymer (Leam); 282, A. Naylor (Leeds); 283, C. Hornwood (Card); 284, K. Davies (Ver); 285, D. Fawcett (Scun); 286, B. Treather (Pilk); 287, K. Guizzetti (Bord); 288, J. Williams (Felt); 289, T. Mansell (Card); 290, J. Bullus (Holm); 291, L. Kennett (Hill); 292, C. McManus (Malet L); 293, A. Fox (A&SV); 294, D. Bowen (Stock); 295, J. Saldon (Hill); 296, K. Tantam (Read); 297, D. Smith (Burn); 298, C. Peacock (Stock); 299, L. Giles (Felt); 300, C. Silvey (Wyc);

301, K. Curley (Pilk); 302, J. Charlton (Cov); 303, G. Brown (Wyc); 304, A. Bullivant (L&M); 305, L. Cole (Stev); 306, J. Holderness (Spen); 307, C. Tippell (E&E); 308, L. Arnold (Warr); 309, C. Aldred (Alt); 310, A. Beilby (AF&D); 311, D. Hope (Alt); 312, C. Parker (E&E); 313, D. Hughes (Stock); 314, J. Williams (Ver); 315, L. Cole (Stev); 316, K. Cooper (AF&D); 317, L. Woods (B'burn); 318, D. Sommers (Gates); 319, B. Mustou (Hav); 320, S. Bray (Holm); 321, A. Ledger (Gates); 322, J. Harris (Gates); 323, M. Naughton (Gates); 324, L. Blacoe (Long); 325, C. Ballerd (Wyc); 326, R. Muskett (Bed); 327, L. Robson (Gates); 328, S. Edward (Bed); 329, J. Plater (Lut).

Teams: 1, Sale 59; 2, Stoke 152; 3, Epsom & E 211; 4, Bracknell 213; 5, Bournemouth 265; 6, Bristol 275; 7, Darlington 291; 8, Leeds 322; 9, Derby 353; 10, Warrington 356; 11, Mitcham 356; 12, Border 362; 13, Cannock 381;

SUTTON H. & A.C. (ST. HELENS)

Annual

SUTTON ROAD RACES

(Under AAA Laws)

SATURDAY, MARCH 20th, 1976

2.15pm 1st Annual Colts 3 Km (12-14 Yrs).

2.30pm Boys 3 Km (14-16 Yrs). Ages on 1/9/75.

Fees: Team 40p, Ind. 15p. Plaques first 3 Ind, first 3 Teams (4 to score).

3.00pm Senior 12 Km Open Road Race (17 Yrs or over on day). Fees: Ind 25p, Team 50p.

Prizes (value) 1st £10, 2nd £6, 3rd £3. Teams 4 at £4, 4 at £2.50, 4 at £2.

Entries on AAA forms (all enter as Ind) to D. Burton, 197 Longton Lane, Rainhill, Prescot, Merseyside, by **Monday, 8th March.**

14, Southampton & E 382; 15, Pitreavie 391; 16, Bolton 421; 17, A&SV 427; 18, Leicester 428; 19, Cardiff 430; 20, Verle 490; 21, Uxbridge 491; 22, Shrewsbury 426; 23, Brecon 532; 24, Reading 539; 25, Pilkington 541; 26, Aldershot, AF&D 559; 27, Bury 569; 28, Stevenage 578; 29, Wycombe 596; 30, Birchfield 616; 31, L&M 626; 32, Malet Lambert 640; 33, Newport 666; 34, Stretford 666; 35, Hillingdon 671; 36, Cambridge H 672; 37, Coventry 691; 38, Longwood 708; 39, Feltham 826; 40, Rossendale 851; 41, Hallamshire 870; 42, Bedford 874; 43, Havering 883; 44, Spenborough 903; 45, Cardiff 'B' 1005; 46, Stockport 1021; 47, Holmfirth 1029; 48, Gateshead 1201.

Girls

1, D. Russell (Camb) 10:45
2, P. Mathieson (Warr) 10:49
3, S. Walker (Sale) 10:53
4, K. Almond (Cty Hull) 10:56; 5, J. Clarke (Ver) 10:59; 6, S. Whitehead (Hales) 11:04; 7, A. Eastwood (Ross) 11:05; 8, D. Curtis (Leic) 11:06; 9, K. Locke (Warr) 11:07; 10, D. Hillen (Blay) 11:08; 11, N. De Jesus (Ex) 11:09; 12, E. Hand (Bord) 11:12; 13, F. Crothers (Cann) 11:13; 14, A. Briggs (Warr) 11:14; 15, D. Hilton (Uxb) 11:17; 16, J. Smith (Cann) 11:18; 17, S. Poulter (E&E) 11:19; 18, J. King (B'burn) 11:20; 19, E. Sinclair (Bris) 11:21; 20, L. Chamberlain (Melb) 11:22; 21, J. Croasdale (B'burn) 11:22; 22, J. Moorhead (Sale) 11:23; 23, C. Riley (Stret) 11:24; 24, P. Edwards (Stret) 11:24; 25, L. Eacham (Ver) 11:25; 26, P. Doherty (L&M) 11:25; 27, T. Birch (Uxb) 11:26; 28, W. Purser (Port) 11:30; 29, E. Makin (Ross) 11:30; 30, M. Johnson (Leic) 11:30; 31, L. Whitehead (Hales) 11:31; 32, C. Wells (Hav) 11:32; 33, K. Whatshot (Brack) 11:32; 34, K. Amey (Mit) 11:32; 35, K. Driver (Stock) 11:32; 36, W. Lodge (AFD) 11:33; 37, N. Tinsley (AFD) 11:34; 38, H. Thorpe (Hall) 11:35; 39, C. Gordon (Read); 40, J. Greaves (Sheff); 41, C. Caine (Ross); 42, J. McLean (Stret); 43, B. Campbell (Bolt); 44, K. Greally (Pit); 45, M. George (Stoke); 46, Christine Harding (E&E); 47, D. Christie (ESH); 48, S. Dallas (Stoke); 49, C. Pollard (Stret); 50, P. Peeney (Liv P);
51, K. Batchelor (Cann); 52, C. Eyre (Har); 53, Donna Cole (If); 54, J. Bryant (Darl); 55, W. Fairclough (Ross); 56, H. Keogh (Sale); 57, J. Winter (Hall); 58, C. Summerton (Camb); 59, D. Pullum (Ex); 60, M. Farrell (Brack); 61, S. Spinks (Uxb); 62, C. Parkinson (W&B); 63, L. Tennant (Stret); 64, B. Miller (Bris); 65, M. Laurie (Ind); 66, A. Berrington (Frod); 67, J. Battersby (B'burn); 68, ———; 69, C. Yardley (Card); 70, B. Evans (Camb); 71, C. Sutton (Card); 72, H. Fawcett (Bury); 73, M. Hopkins (Bris); 74, H. Greenwood (Ross); 75, S. Heesom (Warr); 76, K. McCausland (Stoke); 77, A. Powell (Mit); 78, P. Fernee (Mit); 79, Y. Davies (Alt); 80, L. Pasby (Ver); 81, M. Whittle (Read); 82, J. Stokes (Bris); 83, J. Rayment (Hav); 84, S. Eddy (—); 85, K. Bailey (Warr); 86, M. Lewis (Burt); 87, H. Morton (Cann); 88, C. Cross (Felt); 89, S. Noble (Har); 90, J. Edwards (Alt); 91, F. Rider (Camb); 92,

WELSH CROSS COUNTRY ASSOCIATION

presents

**4th I.A.A.F. INTERNATIONAL
CROSS COUNTRY
CHAMPIONSHIPS****Sponsored by TUBORG LAGER****SATURDAY, 28th FEBRUARY, 1976**

at

CHEPSTOW RACECOURSE, GWENT
(2 miles from Severn Bridge)

More than 20 countries in action including U.S.A., WEST GERMANY
and U.S.S.R.

1.15 JUNIOR MEN**2.10 WOMEN****3.00 SENIOR MEN**

ADMISSION:	Grandstand	£1 adults	50p children
	Ground	50p "	25p "

20% Reduction for tickets bought in advance

From: Captain (Retd.) G. Crump,
Kimbirley, Castle View,
Tutshill,
Chepstow,
Gwent.

S. Lambourne (Mit); 93, D. Collins (Melb); 94, C. Devereux (Brec); 95, C. McCloud (Cov); 96, J. Jones (Read); 97, L. Rose (Bury); 98, C. Parker (E&E); 99, S. Lees (Bury); 100, L. Raggsdale (Lanc);

101, L. McDonald (Pit); 102, K. Saunders (Alt); 103, D. Sinclair (Blay); 104, T. Connerley (Hall); 105, C. Blackwell (Warr); 106, J. Arnold (Brack); 107, S. Riley (Warr); 108, D. Morris (Stret); 109, S. Baxter (Hav); 110, T. Stammers (Hull S); 111, J. Cole (Har); 112, C. Paynter (Card); 113, S. Fields (Ex); 114, L. Holloway (Hall); 115, K. Muntzer (High); 116, A. How (AF&D); 117, J. Poulter (AF&D); 118, J. Simkins (Blay); 119, M. Healey (Brack); 120, V. Murray (Stock); 121, S. Powell (Wyc); 122, E. Seddon (Sale); 123, A. Fleet (Crook); 124, H. Churn (AF&D); 125, S. Ryan (Bris); 126, S. Hoyle (AF&D); 127, J. Cockley (Bury); 128, F. Robinsons (Bed); 129, B. Harding (Card); 130, A. Piggford (Gates); 131, J. Lyons (Bury); 132, K. Kenward (B'burn); 133, A. Corbett (Hales); 134, J. Owens (Frod); 135, K. Blake (Card); 136, D. Boyd (Wat); 137, L. Goulbourne (Sale); 138, A. Reid (E&E); 139, A. Thomas (Ver); 140, K. Pollard (L&M); 141, B. Jones (Hales); 142, M. Williams (Card); 143, C. Pennington (Card); 144, K. Houghton (Warr); 145, S. Hall (Long); 146, L. Yardley (Card); 147, S. Jolley (Bury); 148, K. Kendal (Ross); 149, S. Lane (Farn); 150, J. Jones (Card);

151, S. Elam (Leeds); 152, D. Ingram (W&B); 153, J. Taylor (B'burn); 154, K. Aistow (Blay); 155, T. Cambridge (Melb); 156, P. Husselbee (W&B); 157, L. Malt (Ross); 158, H. Aldous (Stev); 159, S. Trickett (E&E); 160, M. Johnson (Gates); 161, C. O'Sullivan (If); 162, S. Addison (Hav); 163, C. Challinder (Card); 164, B. Webster (A&SV); 165, J. Rigby (Ross); 166, T. North (Read); 167, K. Smith (Felt); 168, W. Barnes (Felt); 169, S. Fallow (Har); 170, F. Abrams (Stock); 171, D. Billingham (Brack); 172, D. Hall (Warr); 173, J. Barnett (L&M); 174, H. Fehilly (Sale); 175, M. Fidler (Ver); 176, N. Anderson (Hav); 177, S. Sigsworth (Hav); 178, F. Gough (Bed); 179, K. Gater (Pilk); 180, S. Smith (Leic); 181, V. Escreet (City Hull); 182, N. Wallis (Card); 183, D. Harrington (W&B); 184, N. Smith (Wyc); 185, N. Hibbert (Sale); 186, M. Orpin (Essex); 187, D. Langeveld (Sale); 188, B. Garnett (A&SV); 189, B. Thomas (Card); 190, D. Boys (Card); 191, S. Pilkington (Gates); 192, S. Claydown (Dby); 193, C. Hyatt (Card); 194, C. Bevans (Aber); 195, L. Player (Ver); 196, N. Farish (Bord); 197, K. Jackson (Blay); 198, C. Morris (Warr); 199, J. Gopley (Stoke); 200, B. Williamson (Stoke);

201, P. Parkinson (Warr); 202, C. Swaine (Bed); 203, J. Collins (Alt); 204, B. Carroll (Bury); 205, F. Cutter (Felt); 206, P. Burgess (Card); 207, L. Skidmore (Blay); 208, D. Wallace (Felt); 209, A. Cavanagh (Gates); 210, K. Bunting (Wyc); 211, J. Smith (Card); 212, K. Chawner (Stoke); 213, M. Payne (W'loo); 214, S. Fields (Ex); 215, K. Barwell (E&E); 216, F. Carroll

(Stret); 217, Z. Irving (Wyc); 218, B. Harvey (Stoke); 219, R. Bowless (S&E); 220, A. Rawlinson (Card); 221, J. A. Punter (Mit); 222, D. Young (Read); 223, R. Oakley (D&S); 224, S. Anderton (Dby); 225, P. Newman (Felt); 226, C. Corcoran (Warr); 227, E. Davenport (Warr); 228, S. Horne (Wyc); 229, S. Russell (Wyc); 230, J. Patel (Card); 231, H. Mitchell (Hall); 232, C. Urquart (Dby); 233, J. Bryant (If); 234, L. Powell (W&B); 235, T. Byrne (Cov); 236, H. Bunting (Wyc); 237, M. Gill (Stret); 238, C. Quennell (Warr); 239, C. Rowbottom (Farn); 240, J. White (Hav); 241, S. Hendley (Bolt); 242, S. Stephenson (Ex); 243, S. Vaughan (Camb); 244, G. Smith (Stret); 245, C. Parker (W&B); 246, D. Rayner (Hall); 247, J. Crossey (Ayl); 248, J. Atwell (Alt); 249, J. Hooper (Card); 250, E. Griffin (Leic);

251, D. Sutton (S&E); 252, A. Chattaway (Camb); 253, T. Lewis (Ross); 254, S. Tuplin (Bury); 255, D. Greenwood (Ross); 256, K. Edwards (Bed); 257, A. Lewis (Card); 258, J. Thomlinson (Alt); 259, J. Commer (Gates); 260, H. Wingsted (Card); 261, T. Peach (Dby); 262, M. Healey (Dby); 263, D. Gardner (Dby); 264, M. Evans (Card); 265, A. Gill (Stret); 266, J. McDonald (Wall); 267, C. Fisher (Read); 268, J. Wilson (Hull); 269, M. Tarret (Bury); 270, C. Gair (Mit); 271, W. Laws (E&E); 272, L. Tyler (Mit); 273, K. Walker (Bury); 274, C. Jenkinson (Ind); 275, E. Pallett (Lut); 276, H. Mather (Ross); 277, S. Harding (Dby); 278, C. Loring (Camb); 279, Z. Higgs (Mit); 280, K. Camilleri (Card); 281, S. Fogarty (Stret); 282, A. Moss (Leeds); 283, D. Law (Frod); 284, S. Greaves (Bury); 285, C. Wallwork (Frod); 286, M. Woodward (W&B); 287, S. Dorton (Camb); 288, S. Harrison (Ind); 289, G. Critchley (Warr); 290, F. Batey (Blay); 291, C. Rothwell (Bury); 292, S. Carroll (Bury); 293, G. Hird (Gates); 294, J. Gledhill (Spenn); 295, M. Bonor (Card); 296, J. Bonar (Card); 297, B. Sheppard (Bed); 298, C. Coleman (Bed); 299, D. Davies (Card); 300, D. Sullivan (Bed); 301, H. Harrell (Ex); 302, S. Moir (Spenn); 303, C. Baker (Mit); 304, L. Johnston (Hert); 305, D. Piggford (Gates); 306, H. Arrowsmith (Frod); 307, J. Bryant (AFD); 308, J. Bracegirdle (Ross); 309, E. Pallett (Lut); 310, P. Cooke (Spenn); 311, J. Hemborough (Stock).

Teams: 1, Warrington 100; 2, Rossendale 132; 3, Stretford 138; 4, Cannock 167; 5, Sale 203; 6, Bristol 238; 7, Blackburn 238; 8, Mitcham 281; 9, Epsom 299; 10, AFD 306; 11, Halesowen 311; 12, Hallamshire 313; 13, Blackwell 318; 14, Essex LAC 369; 15, Stoke 369; 16, Cardiff 381; 17, Reading 382; 18, Blaydon 385; 19, Havering 386; 20, Bury 395; 21, Cambridge H 405; 22, Harlow 421; 23, Lancs/More 439; 24, Verleas 439; 25, Leicester 468; 26, Altrincham 484; 27, Wolverhampton 553; 28, Feltham 628; 29, Stockport 636; 30, Cardiff 'B' 648; 31, City of Hull 652; 32, Warrington 675; 33, Wycombe 732; 34, Bury 'B' 736; 35, Bedford 764; 36, Frodsham 768; 37, Cardiff 'C' 792; 38, Derby 909; 39, Cardiff 'D' 1078; 40, Rossendale 1092.

LEES AN IMPRESSIVE WINNER OF MIDLAND TITLE

THE most impressive victory of the day in the Midland CC Championships at Wolverhampton on January 31st was that of Nick Lees in the Junior race, who finished 81sec clear of Paul Lee. Nick went from the gun and was 50m clear after the first lap, 200m at two laps and over 400m at the end. He was well supported by Rowe and Reeves, enabling Derby to gain a two point victory over Loughborough Colleges.

As expected, Leicester Coritanian took the Youths title although they were pressed by a competent Westbury squad who had their team in within 8sec of each other. Tony Milovsorov was a confident individual winner. The third Boys championship was dominated by West Country runners, Paul Hudd making the decisive break with 800m to go.

David Denton

Juniors

1, N. Lees (Derby)	31:56
2, P. Lee (Loughborough C)	33:17
3, S. Kendall (Tipton)	33:27
4, V. LeGrand (Bris) 33:33; 5, D. Rowe (Dby) 33:36; 6, D. Reeves (Dby) 33:38; 7, M. Cadwallader (W&B) 33:44; 8, P. Gronland (Lough) 33:46; 9, P. Ferrum (Lough) 33:47; 10, B. Martyniuk (Glos) 33:48; 11, A. Lunnon (Bris) 33:52; 12, J. Pickford (West) 33:54; 13, R. Weaver (B&B) 34:06; 14, S. Fowler (Stoke) 34:17; 15, R. Melton (S Heath) 34:20; 16, B. Douglas (Tip) 34:22; 17, P. Hoddy (Glos) 34:27; 18, S. Durnall (W&B) 34:28; 19, M. Lane (B&R) 34:35; 20, C. Owen (Bris) 34:40.	

Teams: 1, Derby 48; 2, Loughborough C 50; 3, Bristol 58; 4, Bromsgrove & R 108; 5, Gloucester 110; 6, Leicester 130; 7, Charnwood 133; 8, Small Heath 134; 9, Sparkhill 207.

Youths

1, A. Milovsorov (Tipton)	22:12
2, J. Espir (Notts)	22:22
3, R. Slater (Charnwood)	22:48
4, T. Redman (Leam) 22:53; 5, T. Howard (Cann) 22:55; 6, R. Wilson (Leic) 22:56; 7, G. Nurse (Leic) 22:58; 8, G. Boarland (Leic) 22:59; 9, M. Cowman (West) 23:05; 10, T. Matthews (West) 23:06; 11, C. Street (West) 23:07; 12, R. Nash (West) 23:13; 13, C. Smith (Leic) 23:19; 14, A. Salter (B'field) 23:25; 15, J. Osbourne (West) 23:28; 16, M. Pinnington (Stoke) 23:32; 17, C. Perkin (Tip) 23:36; 18, S. Bailey (B'field) 23:39; 19, L. Campbell (Tip) 23:41; 20, M. Salter (Glos) 23:42.	

Teams: 1, Leicester 26; 2, Westbury 34; 3, Tipton 55; 4, Stoke 97; 5, Notts 104; 6, Birchfield 117; 7, Cannock 128; 8, Derby 161; 9, Coventry 217; 10, Cheltenham 219; 11, Gloucester 224.

Boys

1, P. Hudd (Bristol)	10:38
2, D. Hann (Bristol)	10:42

3, J. Sharp (Westbury)	10:44
4, T. Gardner (Dby) 10:48; 5, M. Harris (Bris) 10:51; 6, J. Weetman (Stoke) 10:52; 7, A. Rogerson (Leic) 10:53; 8, M. Poultny (Tip) 10:55; 9, C. Mould (Leic) 10:56; 10, C. Bushell (Bris) 10:57; 11, J. Wolfenden (West) 10:58; 12, E. Millington (Dby) 10:59; 13, S. Bunting (Dby) 11:00; 14, M. Bradbury (Leic) 11:00; 15, S. Maud (Charn) 11:00; 16, M. Wassell (West) 11:04; 17, K. Turner (Tip) 11:05; 18, S. Spear (Tip) 11:09; 19, C. McIntyre (West) 11:10; 20, K. Arkell (Cann) 11:11.	

Teams: 1, Bristol 18; 2, Westbury 49; 3, Leicester 53; 4, Derby 59; 5, Tipton 65; 6, Birchfield 130; 7, Cannock 161; 8, Gloucester 178; 9, Stoke 180; 10, Charnwood 245; 11, Cheltenham 271; 12, Notts 325; 13, Wednesfield HS 333.

BINGLEY H BOB SMITH HANDICAP CC RACES

January 10th

1, D. Welch (Harro) (3:30) 41:40; 2, N. Duggan (Brad Un) (4:10) 41:48; 3, S. Knowles (Leeds Un) (6:30) 41:49; 4, G. King (Long) (5:50) 41:56; 5, F. Wheeler (Bing) (5:10) 42:20; 6, D. Denham (Wake) (7:00) 42:28; 7, R. Parker (Leeds) (2:40) 42:34; 8, K. Midgley (Hal) (6:10) 42:52; 9, G. Williams (Lough) (4:50) 42:53; 10, K. Heinig (A&SV) (4:00) 42:59; 11, K. Fozard (Harro) (4:50) 43:04; 12, D. Weatherhead (Bing) (4:10) 43:15; 13, G. Bowles (Harro) (3:00) 43:17; 14, P. Cadman (Hal) (6:40) 43:19; 15, G. Jones (M&D) (5:40) 43:20; 16, K. Bingley (Wake-V) (2:20) 43:21; 17, A. Bocking (M&D) (3:20) 43:23; 18, L. Horlock (O&R) (6:00) 43:25; 19, W. Lambert (Holm) (6:40) 43:26; 20, D. Bell (Long) (3:50) 43:28. Fastest: D. Blakeley (M&D) 34:20; Knowles 35:19; M. Lambert (Bing) 35:25; Denham 35:28; P. Moon (Bing) 35:47; I. Roberts (Holm) 35:49. Teams: 1, Harrogate 49; 2, Bingley 70; 3, Longwood 80.	
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Youths/Boys

1, G. Holland (P&B) (1:00) 20:25; 2, E. Walsh (St B) (3:20) 20:49; 3, C. Miller (A&SV) (2:40) 20:53; 4, N. French (Bing) (2:20) 20:58; 5, P. Denby (Bing) (2:30) 20:59; 6, C. Moore (Bing) (2:30) 21:02; 7, D. Hinchcliffe (Holm) (0:30) 21:06; 8, A. O'Hagan (St B) (2:20) 21:08; 9, J. Verity (St B) (3:30) 21:08; 10, C. Walker (St B) (2:10) 21:13. Fastest: Walsh 17:29; A. Howden (Hal) 17:36; Verity 17:38; R. Rogers (St B) 17:57; M. Upton (Rown) 17:59; S. May (Rown) 18:04. Teams: 1, St Bedes GS 29; 2, Bingley 34; 3, Longwood 97. (Boys Scratch 2M): 1, D. Lewis (Ross) 10:52; 2, P. Dixon (Ross) 11:14; 3, J. Mountain (Bing) 11:19; 4, C. Gill (Hal) 11:35; 5, D. Topham (Long) 11:40; 6, P. Mitchell (Bing) 11:54. Teams: 1, Bingley 36; 2, Halifax 39; 3, Rossendale 49.	
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BAAB equipment officer Cecil Dale is no longer at his Mitcham address and all enquiries etc should be addressed to him at the BAAB Office, 70 Brompton Road, London SW3 1EE. He may be reached at 01-640 9947 (evenings).

Jerome Drayton—Canada's Marathon Hope

RUNNING a clever tactical race, Jerome Drayton of Canada, recently won for the second time the prestigious Fukuoka Marathon in Japan, defeating 118 starters in the superb time of 2:10:08.4. This time made him second fastest in the world for 1975, and fifth on the all-time list. His previous success at Fukuoka was back in 1969 when, after only 18 months of marathoning, he won convincingly in another great time of 2:11:12.

In his latest exploit, Drayton—who had gone to Japan to 'break' 2:10—was disappointed to learn that Britain's 'king of the road', Ian Thompson, was not running. In the race Drayton was always up with the bunch. At 5 miles he was feeling good and was just hanging in there. Between 5 and 10 miles he had done a share of the leading along with Bill Rodgers and Dave Chettle. At 15 miles he began to feel his leg giving him trouble, or rather his ankle.

By Cecil Smith

"The shoes I had on were terrible," he said. (They were made for him while he was in Japan and this was the first time he had worn them). "When I felt the pain I thought 'Oh my God, I must finish'. But the pain kept nagging, and I had now given up all hopes of a good time because of the pain emanating from the ankle." At 20 miles, Drayton recalls, "Rodgers of Boston fame and Chettle of Australia, an unknown before the race, were really beginning to stretch it up front, I just gritted my teeth and tried to keep in reasonable race contact. Going through the 25 mile mark I was about 12 seconds adrift from the leading group of Rodgers, Chettle, and Cindolo of Italy, but with under a mile to go I surged and caught the leaders and slowly inched my way in front and managed to hold on to win."

Drayton rates this race his finest achievement to date, on the basis that if he can run like this on an injured ankle and produce a world class time, what can he do when he is absolutely injury free . . .

When pushed for a quote about his chances in the Olympics he will only say "I am optimistic. Injuries play a big part in distance running, and if I can keep away from these then I do not see any reason why I cannot do well at Montreal. Conditions also play a big part. At Fukuoka it was very windy with a good race temperature of about 10°C. Montreal will be hotter than that; I shall be prepared for it."

Jerome Drayton started in track and field in the autumn of 1963, after showing 'prowess' in the high jump at school where he cleared a mighty 1.50/4'11"! After accepting a challenge to race the school star over a mile, and beating him, he entered for the 2 and 3 miles just for the hell of it, and won them too. The seal was now set for the Drayton track career.

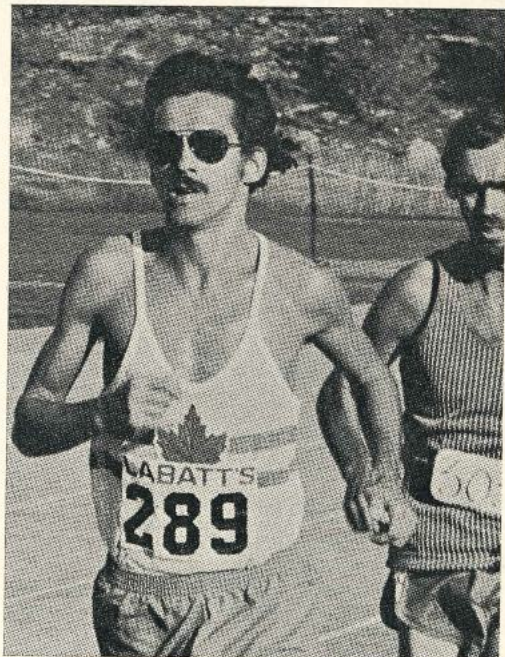
During his formative years in 1964/5 he was forced into hospital for an operation on his shinbone, for removal of a cyst. This operation kept him out of track for over a year. In 1967 he won his first national

10,000m title and proceeded to annexe this same title for the next three years and again in 1975. Although he is better known as a long distance runner, he has clocked 2:00.5 for 800m, 3:53.0 for 1500m and 7:57.0 for 3000m indoors. He calls these races his speed sessions only.

Drayton surprised the track world in 1970 when he set a world record for 10 miles (track) clocking 46:37.6 to eclipse Ron Hill's 46:44.0 set in 1968. This tremendous run by Drayton stood until 1972.

His first marathon came in May 1968 at Detroit. His time was a modest 2:23:57, but it was sufficient at that time to win. He finished the year off by clocking a speedy 2:16:11 at Guelph. After that he joined the thousands on their annual pilgrimage to the "Holy" Boston Marathon. In four Boston's he has only finished one and that was in 1974 when he came third in 2:15.40.

Why such an indifferent record at Boston? "Every-one talks about 'Heartache Hill' as being the cripple to runners. But I have my own heartache hills and that's running down the damn things; I just cannot run down hills. My style of running is to place my heel to the ground first, consequently my whole leg is constantly being jarred and becomes extremely sore as the race wears on. There is no other reason for it. Another factor, though, is with Boston so soon after our indoor season I have not had much time



Drayton leading in Canadian 10,000m.

Aris Birze

to prepare for a marathon. I like indoor running and I gear my training for this during the indoor season."

His first Olympics came around in Mexico in 1968 but, although he went to compete in the marathon, he like many others ended up running the other way with dysentery and was forced out of the race. On to the 1970 Commonwealth Games in Scotland and this time he was in the 10,000m and marathon. After clocking a personal best in the 10,000 of 28:45.0 he was set for a big effort in the marathon. Unfortunately for him he got over ambitious in the early stages and paid the penalty later on in the race when he was forced out with leg cramps.

His sights were now set on the '72 Olympics in Munich to atone for his dismal showing in Mexico. The selectors had set a time of 2:17:00 as the standard for entry onto the Canadian team. Not very difficult it would seem under normal circumstances, but the Olympic trials were not normal. Jerome takes it up: "I really felt good during the race and was not worried about the entry standard, but as the race wore on I began to hear 'split' times being called out that suggested that I was running backwards. Confusion wasn't the word for it—people were running around in a panic because the times were obviously wrong. Anyway I won the race, but my time was over the standard that had been set. The reason for this was quite simple: EVERYONE HAD COVERED ABOUT 1000 YARDS OVER THE MARATHON COURSE. The officials had marked the course out wrong!" Drayton was not picked for Canada to compete in Munich . . .

More experience and travel was the order of the day in 1974. At the Commonwealth Games in New Zealand Drayton only managed a lowly 17th spot in a slow 2:29:20. Coming right up to 1975, Jerome freely admits: "This has been my most successful and consistent year. My range has improved out of recognition. I set personal records in the 5000m, 10,000m and now the marathon; I am delighted with 1975."

At the Canadian Championships in Sudbury he 'killed' off the opposition with a fine display of running from gun to tape, to clock a solid 28:39.6. I asked Jerome to what does he attribute his breakthrough. "I have come to the conclusion that my performances in 1975 have been good simply because I have managed to remain injury free, there is no other secret. My training is the same, I average 101 miles a week and peak occasionally to 175 miles a week. In March I shift to speed work, mixing track with road work and so on. I do not use weights at all. My diet is no big deal: I eat everything and I take vitamins."

After talking for a while with Drayton you are apt to forget that he is still a student on a part-time basis at McMaster University working for his degree in Business Administration. His full time job is as a Civil Servant working in downtown Toronto. Why is he still chasing a degree, I asked him. He instantly went into a diatribe of criticism. "Track and field has ruined me and advanced me to a point of financial disaster. Professionally speaking my business career has suffered because I choose to stop in Canada and go up to university here in the hope that the government would come through with their Grant in Aid

JEROME DRAYTON

Was born in Germany (of Ukrainian descent) on January 10th 1945; 1.76/5'9½" tall and weighs 61kg/135lb. Best marks are 13:35.0 for 5000, 28:13.8 for 10,000, 46:17.6 for 10 miles (ex-world record) and 2:10:08.4 for marathon. Annual marathon progression:

1968	2:16:11	1972	—
1969	2:11:13	1973	2:13:27
1970	2:23:08	1974	2:15:40
1971	—	1975	2:10:08

Jerome Drayton's intermediate times in his Fukuoka victory on December 7th were: 5km—15:15, 10km—30:41, 15km—45:58, 20km—1:01:05, halfway—1:04:22, 25km—1:16:29, 30km—1:31:54, 35km—1:47:16, 40km—2:03:05.

Splits for Dave Chettle (Aus), 2nd in 2:10:20.0, and Bill Rodgers (USA), 3rd in 2:11:26.4, were the same as Drayton's for the first half of the race. Then Chettle clocked 1:16:28, 1:32:06, 1:47:11 and 2:03:00; Rodgers ran 1:16:28, 1:32:00, 1:47:38 and 2:03:56. Other halfway times were 1:04:34 for Eckhard Lesse (GDR), 5th in 2:12:42.6, and 1:05:06 for Giuseppe Cindolo (Ita), 4th in 2:11:45.0.

Further placings—6, Soh (Jap) 2:12:52; 7, Gross (Pol) 2:13:05; 8, Hattori (Jap) 2:13:13; 9, Truppel (GDR) 2:13:17; 10, Hamada (Jap) 2:13:47; 11, Rosa (Sri Lanka) 2:14:31; 12, Sakamoto (Jap) 2:15:17; 13, Legowski (Pol) 2:15:23; 14, Takeuchi (Jap) 2:15:31; 15, Seri (Jap) 2:15:46; 16, Soh (Jap) 2:15:50 . . . 24, Jensen (Den) 2:18:45; 25, Usami (Jap) 2:18:54 . . . Paivarinta (Fin) dnf.

Programme to full time students. I had been offered a Full grant at Eastern New Mexico to study for the qualification that I wanted, and I can only say now that I wish that I had taken it. Instead here I am still chasing a qualification. Okay, it's my fault but I am paying dearly for this mistake. I am determined now to get my degree. No more on this subject please."

On administration in track and field Drayton's only comment was "It's better now than what it was." I can only add that if that's the case then the administration must have been conspicuous by its total absence in the old days.

Amidst all his training, racing, studying and working he still has time for girl friends. Even the best athlete must relax sometimes.

This, then, is a look at Canada's premier road runner. People say he is one of track and field's enigmas because of some indifferent performances in the marathon. I do not subscribe to this theory. He strikes me as a typical pragmatic runner, he knows his body, and how it functions, he knows what to do and when to do it. As for Montreal and the Olympics, with no injuries and a good build-up I will share his optimism. He is a class above the normal Canadian distance runner, not only in performance but also by his adoption of the hardened European outlook—"I want to win."

LETTERS

ISLE OF WIGHT MARATHON

Dear Sir,

Thanks are due to Bob Forster for his interest in replying to my letter re marathon selection. It seems that apart from Bob and myself, there is nobody interested in the complete and unnecessary disruption of the long-distance running calendar!

It is notable that several points in my original letter remain unanswered. (1) Was the selection race put out to tender? After all, the selectors surely must be aware of the existing races, and by ensuring that none of these is made use of, and indeed, clashing with at least two of them, have rendered a definite disservice to the organisers of these events. It would not have been much trouble, I should have thought, for the selectors to have notified us in advance of their intentions, especially when our own date for 1976 was announced in May 1975, and in fact has been the third Saturday in May for almost twenty years! (2) The Isle of Wight Marathon usually provides weather conditions as akin to those in Montreal as one is likely to find in this country. When the sun shines, as it usually does (last year's race being an exception) the heat and often humidity have to be experienced to be believed.

The point about "name" runners avoiding the Island course was first spoken to me by John Tarrant, and last year Graham Dugdale, who was the defending champion, wrote me that he would not be running our race as he was after a fast time. Even the great Arthur Keily stated, on his retirement in 1960: "I had now won every open marathon in England." The Isle of Wight Marathon was by then well established, but had obviously been 'overlooked'!

John E. Symonds,
Ryde Harriers

Dear Sir,

I feel an impartial observer should write in defence of the Isle of Wight Marathon following Bob Forster's letter. My best time of 2:41:33 came at Rugby in 1970; I then ran 2:48 on the easy (?) Maxol course. In 1973 I ran 2:44:30 over that well known he-man Isle of Wight course.

My point is that if a run-of-the-mill Scottish hacker runs his protracted 3 hour stumble at the Isle of Wight he will receive a very attractive 2nd class standard medal (sub—3:10). He will have a one-lap course, much preferable to three laps of Mr Forster's Rugby course, he will have nearly every mile marked and will be able to time himself.

I honestly believe the Isle of Wight marathon is not as bad as many would have us believe. In fact it is a very well organised and scenic marathon.

Christopher Groom,
Small Heath Harriers

EVERY MARATHON PERFORMANCE

Dear Sir,

I am compiling a UK Marathon ranking list which will feature every British athlete, male and female, who completed the distance last year. This covers marks from 2:12:34 right down to 5:34:17 and some 850 athletes, 500 of whom beat 3 hours. The eventual publication of the list will depend upon cost (to myself) of duplication or printing but the mere compilation has given me a great deal of satisfaction.

However, there are still gaps to be filled and I would be most grateful if everyone mentioned below or anyone who has any of the requested information, would contact me either by letter or telephone. The main details I require are:— (a) Name and club of the unidentified athletes who finished 142nd in the AAA race (3:13:13); 68th at Harlow (2:47:16); 132nd at Harlow (3:19:34 from Poole & Dist AC) and 58th at Barnsley (2:52:18). (b) The first names of T. McBrien (RAF Kinloss); P. Leach (Leics) R. Pinkerton (Poly); J. Fisher (Derby); F. Howson (Barrow); M. Sutton (Stafford); C. Gray (QPH); D. Deacon (RAF Buchan); and R. Hearnshaw (club not known). (c) Full details of any overseas mark not previously reported in 'AW' other than those at Boston, Amsterdam, Enschede or Marathon to Athens.

WORTHING HARRIERS 10 MILE ROAD RACE

Over fast, flat, sea-front course

SATURDAY, 20th MARCH, at 3 p.m.

West Park Sports Centre, Shaftesbury Avenue

Prizes: first 4, first Team of 3, first Vet.

Entries: 25p per Ind., 50p per Team, to A. E. Grove, 38 Hillside Avenue, Worthing, Sussex (Tel: 37014). Under A.A.A. Laws.

ENTRIES CLOSE 15th MARCH

NOTTINGHAM UNIVERSITY 5 x 3 MILE ROAD RELAY

(Under A.A.A. Laws)

SATURDAY, FEBRUARY 28th, 1976, at 3pm

Awards: Trophy to first team. Prizes to top teams and individuals.

Entries: £2.50 per team including tea to M. D. Ede, Lincoln Hall, University Park, Nottingham, by **February 16th**. Late entries, until February 25th, £3.

RADLEY LADIES A.C. OPEN MEETING

(Under A.A.A. Laws)

SUNDAY, 4th APRIL, 1976

ALL EVENTS

Plus 4 x 100m

No Hurdles

First event 2 p.m.

Entry on day.

Further enquiries to Mrs J. Slatter (Tel: Oxford 770532) or Mrs Kear (Tel: Oxford 771860).

As this ranking list has no official status I have included overseas athletes who are temporarily studying or working in Britain, ie Thompson & Rock (Aus) and Attolico (Italy), the several Irish athletes who are first claim members of UK clubs and UK athletes working or studying abroad, ie Sliney, Reavley.

John Walsh,
58 St Christopher's Drive,
Caerphilly, Mid Glam

P.S.: Following John Symonds' recent letter re the Isle of Wight marathon, readers may be interested to know that several men who ran their 1975 fastest time there ran slower on other courses—in many cases Milton Keynes. Of these runners, two ran no less than six races each in 1975.

DON'T FORGET PAUL

Dear Sir,

May I point out, should Ron Hill and Jim Fox be picked for the Olympics, that there is also a chance of Paul Nihill competing in his fourth Olympics.

John Cannell,
Boundary H, Isle of Man

PIONEERS OF THE BLEED-OUT DIET

Dear Sir,

Congratulations on the first-class Ron Hill interview. However, I would like to correct one point—Ron was not the first marathon runner to use the glycogen bleed-out diet.

On May 5th and 19th 1968 at Bracknell, Martin Hyman and Dr Griffith Pugh conducted the IAC Endurance Events Research Trials, one being on the effects of drinking during a long distance event and the other on the effect of the Saltin diet. Twenty-one runners (including Colin Kirkham, Keith Angus, Martin Craven and John Newsome) took part in the drink trial, while ten walkers (including Roy Thorpe, Colin Young and the late Phil Embleton) were the 'guinea pigs' for the diet.

The conclusions reached were that although the tests confirmed the findings of Dr Saltin it was possible that, because runners have a higher work rate than walkers, marathon runners might benefit from the diet more than walkers. The summary of the findings was made available to all the athletes who took part in the trials and after the Wakefield Harriers walking team had used the diet and won the Manchester-Blackpool team event in 1968, fellow club member John Newsome started using the diet in marathons that year.

Guy Goodair,
Wakefield Harriers

BEST IN ATHLETICS JOURNALISM

Dear Sir,

Can I echo the praises concerning the Ron Hill interview; all the adjectives used were relevant. However, good as it was, what about Cliff Temple's 'The Last Challenge' in the January 24th issue. For my money it was even better, just about the best athletics journalism I have

read, real 'grass roots' stuff. May I offer Cliff congratulations, through 'AW' and say 'don't give up now, on that third ambition'. I had a similar experience with the London-Brighton. I was third from last of those that finished but I cracked it!

Ian Champion,
Metropolitan Police AC

RON MUST BE JOKING

Dear Sir,

Jon Wigley's interview with Ron Hill ('AW', Jan 10th) was one of the most interesting articles I've ever read. But surely Ron was joking when he said he didn't see how anyone could take fell racing seriously?

The Fell Runners' Association now has well over 500 members, and while many of these probably divide their year equally among fell, road and cross country races (and perhaps even track, for all I know), there is a hard core of about 100 runners who are wholly dedicated to fell racing; that is, they rarely—if ever—compete on the road or track, and use cross country events mainly to preserve an 'edge' between the few winter fell races.

The true fell runner is probably more interested in mountains than in athletics in general, and therefore feels more at home racing over mountainous terrain than on man-made surfaces. On the other hand, pure athletes like Ron Hill and Jon Wigley, who compete on the fells only occasionally, probably feel no affection at all for the country over which they run, being attracted solely by the challenge of the event.

Perhaps this is why they regard fell racing as a 'masochistic' sport. From a fell runner's viewpoint, however, it is road and track running that are 'masochistic', for there the concentration is on speed alone, with none of the scenic splendour of the fells nor the spirit of adventure which spices a long distance mountain race.

Bill Smith,
Clayton-le-Moors Harriers

TRUE CONFESSIONS

Dear Sir,

Following A. C. Stone's letter, "Practical Experience", I feel I must now confess to my treachery as I am one of those navvies in surgeon's clothing—a coach (?) without practical experience. Apart from a few sprints and a bit of cross-country in my school days I knew nothing of athletics let alone my main event, hurdling, when I decided to become a coach eight years ago.

May I, through your columns, apologise to the BAAB, the National Hurdles Squad, Southern Training Camps and Young Athletes Courses I have had the pleasure of working with over recent years. Apologies also to my own successful group of athletes, most of whom have been "coached" by me since their early teens, for my deception over the years they have been in my care. It appears I must now make further efforts to become an official or organiser if I wish to stay in athletics and my athletes must find a real coach to advise them in the future.

Come off it, Mr Stone, and stick to the very worthwhile job of running your club rather than decrying those well-meaning "non-qualified" existing and potential coaches. **Anyone** who spends time encouraging and assisting young people in our sport deserves a pat on the back. If he or she is not good enough the athletes will soon find out and take the appropriate action.

F. "Tommy" Johnson,
(Senior Coach), Ruislip

ALL-ROUNDERS OF THE FUTURE

Dear Sir,

This year, the Walls 5 Star decathlon-pentathlon course will be held at the National Sports Centre, on April 26th-28th. Past 'graduates' of the course have included such junior and senior international decathletes as Daley Thompson, Alan Nickson, Adrian Ord and Wayne Dubose. The Walls course is indeed a clear path to the national team.

I invite coaches and teachers to submit to me the names and addresses of athletes who are capable of achieving the following physical fitness requirements, and who have a genuine interest in decathlon and pentathlon as specialist events.

Boys: Age-16 and over; Height—1.78 or over; Chins—8; Parallel—12; Standing long Jumps—2.50.

Girls: 15 or over; 1.65 or over; Chins—3; Parallel—5; Standing LJ—2.10.

Tom McNab,
9 Corder Close, Westfields,
St Albans, Herts

CAN ANYONE HELP?

Dear Sir,

A cri de coeur from a frustrated vet. About ten years ago my running career came to an untimely end due to persistent left foot injuries. After eight years in retirement, two stones heavier and a cigarette addict, I was tempted by the boom in veteran athletics to try again. After a couple of months training I was again beset by injuries to my weak left foot, and for the last two years my training has been of the stop-go variety.

On reading the "Runner's World" booklet "Athletes' Feet", I was convinced that a podiatrist and tailor-made orthotics would help me, especially as I have found that Dr Scholl inserts have helped temporarily. Unfortunately, my GP just isn't interested in my problem.

Having recently moved to East Anglia and achieved a reasonable standard of fitness, I am dragging along a dead and painful left foot, which to my chagrin is going to lead to my final retirement if I cannot find a remedy.

May I as a last resort ask for the advice of 'AW' readers? I would be most grateful if someone could put me in touch with a sports-conscious foot specialist (distance no problem) who could help me out of my galling situation.

Bryan Harbottle,
(Elswick Harriers),
Bramfield House, Walpole Road,
Bramfield, Halesworth,
Suffolk IP19 9AB

UK WOMEN'S LEAGUE

A SATISFACTORY and most encouraging start to the UK Women's Athletic league was made in 1975, and there is every hope that this season will see the League further establish itself as one of the focal points in the athletics calendar.

Basically the structure remains unaltered, with the notable exception that the aggregate of points scored will determine the final placings rather than the match scoring 6, 5, 4, 3, 2, 1 system. Also seniors and intermediates are now able to compete in three events that can be all track or all field, whereas before the limit was two.

The bottom two in Division Four took part in a qualifying match, and as a result City of Plymouth and Wolverhampton and Bilston replace City of Stoke and LOAC. An indication that the League is such a test of strength in depth is that Wolverhampton & Bilston, second in the one per event Pye Gold Cup final, only narrowly scraped in at the expense of Stoke, thanks to a win in the last event, the 4 x 400m relay.

1976 Programme

Division One: Bristol AC, Edinburgh SH, Glasgow AC (formerly Maryhill Ladies), Mitcham AC, Sale H, Stretford AC. Fixtures: May 29th—Scotland, July 24th—Bristol, Aug 28th—Stretford.

Division Two: Birchfield H, Borough of Enfield H, Essex Ladies, Hillingdon AC, Hull Spartan, Notts AC. Fixtures: May 1st—Essex, July 24th—Hull, Aug 7th—Hillingdon.

Division Three: Bury AC, Cambridge H, Derby Ladies, Feltham AC, Havering AC, Leicester CAC. Fixtures: May 29th—Leicester, June 26th—Bury, Aug 7th—Feltham.

Division Four: Aldershot FD, Cardiff AC, City of Plymouth, Croydon H, Exeter H, Wolverhampton and Bilston. Fixtures: May 1st—Exeter, July 24th—Cardiff, Aug 28th—Aldershot.

Qualifying competition: September 18th.

It is hoped that an early meeting can be arranged in order that a more standardised set of dates can be decided upon for 1977.

League officers: chairman, Mrs V Searle; secretary, William M. Farnorth, 30 Lowercroft Road, Starling, Bury, Lancs. (Tel: 061-764-3547); treasurer, Miss A. Fenn; results sec. Tony Miller, 6 Beachy Road, Broadfield, Crawley, W. Sussex RH11 9HW.

Tony Miller

SOUTHEND-ON-SEA CC CHAMPS

At Belfairs Park, January 24th

1, D. Spashett (S'end) 51:31; 2, D. Smith (S'end) 54:41; 3, D. Taylor (S'end) 59:16. (**Juniors:** 1, G. Payne (S'end) 29:20; 2, K. Naylor (S'end) 33:45. (**Youths:** 1, A. Hayman (S'end) 21:47; 2, G. Rippin (S'church) 21:55; 3, G. Britton (C Jones) 24:31. (**Boys:** 1, G. Judd (Belf) 18:32; 2, C. Cobb (C Jones) 19:44; 3, C. Simpson (C Jones) 19:45; 4, K. Watson (S'end) 19:57; 5, R. Britton (C Jones) 20:17. (**U/11:** 1, R. Kilworth (Shoe) 11:38; 2, M. Peach (S'end) 11:45; 3, J. Atter (C Jones) 11:52; 4, S. Moreton (S'end) 12:00; 5, M. Harrison (S'church) 12:42; 6, D. Darby (S'end) 12:43.

YOUNG ATHLETES INTER-COUNTY CROSS COUNTRY RACES

At Shrewsbury, January 24th

Boys

1, C. Clarkson (WG) 15:33; 2, P. Rolland (S) 16:02; 3, P. Hudd (A) 16:06; 4, A. Bristow (S) 16:08; 5, T. Gardner (D) 16:12; 6, J. Sharp (A) 16:19; 7, D. Hann (A) 16:23; 8, M. Harris (A) 16:23; 9, T. Flanagan (S) 16:23; 10, D. Lightowler (H) 16:23; 11, A. Wilton (St) 16:25; 12, P. Lightowler (H) 16:27; 13, S. Brohill (A) 16:27; 14, T. Charles (H) 16:34; 15, D. Millington (D) 16:34; 16, R. Powell (H) 16:37; 17, P. Johnson (S) 16:39; 18, S. Lowe (W) 16:42; 19, A. Williams (C) 16:45; 20, M. Jones (MG) 16:46. **Teams:** 1, Avon 24; 2, Sussex 32; 3, Herts 52; 4, Derby 69; 5, Avon 'B' 92; 6, Warwickshire 106; 7, Cheshire 124; 8, West Glam 150; 9, Staffs (N) 156; 10, Gloucs 201.

Colts

1, P. Hicken (C) 13:19; 2, S. Bond (G) 13:42; 3, M. Thomas (SG) 13:43; 4, A. Cottrell (C) 13:46; 5, M. Brown (H) 13:47; 6, R. Heasman (S) 13:49; 7, A. Smith (H) 13:52; 8, I. Jones (NS) 13:54; 9, S. Skelving (C) 13:56; 10, D. Butler (W) 13:57; 11, T. Rayworth (W) 13:57; 12, N. Stops (GW) 13:57; 13, P. Chamberlain (S) 14:01; 14, A. Train (Wo) 14:04; 15, M. Pickard (W) 14:07; 16, D. Cunningham (H) 14:08; 17, D. Funnell (S) 14:09; 18, P. Keeble (Gw) 14:10; 19, K. Jones (W) 14:11; 20, Parks (SG) 14:11. **Teams:** 1, Warwickshire 55; 2, Sussex 58; 3, Herts 59; 4, Cheshire 70; 5, Gloucs 93; 6, Staffs (N) 97; 7, Gwent 100; 8, Avon 112; 9, Worcs 124; 10, South Glam 154.

CITY OF HULL FERRIBY '10'

January 25th

1, H. Leeming (Derby & Co) 50:27
2, R. Milne (Notts) 50:37
3, P. Moon (Bingley) 50:55
4, P. Flatman (E Hull) 51:16; 5, J. Norman (Notts) 51:26; 6, J. Newsome (Wake) 52:07; 7, J. Boulter (B&H) 52:47; 8, A. Morley (Bury) 53:02; 9, K. Drozda (Pless) 53:26; 10, B. Lee (Notts) 53:33; 11, S. Beardsell (Holm) 53:52; 12, C. Voden (Cty Hull) 54:13; 13, M. Holden (Work) 54:33; 14, F. Wheeler (Bing) 55:03; 15, B. Jones (E Hull) 55:07; 16, D. Ford (Holm) 55:10; 17, J. Turner (Wake) 55:53; 18, M. Mountford (Staff) 56:04; 19, M. Porter (Linc W) 56:08; 20, K. Picksley (Notts) 56:10. **Teams:** 1, Notts; 2, Bingley; 3, East Hull; 4, Wakefield; 5, Holmfirth; 6, Derby & Co.

Yorkshire WAAA officers elected: President, Mrs P. Pope; chairman, Mrs F. Clarke; hon treasurer, G. Clarke; hon secretary, Mrs M. Midgley, Medway, 57 Rein Road, West Ardsley, Nr Wakefield (tel: Morley (0532) 532410). Championship dates:—Yorkshire, Humberside & Cleveland WAAA Regional Champs at Spensborough Sports Stadium, Cleckheaton on May 15th. Junior 1500m Championship at Cleckheaton on June 27th. Pentathlon Championships for all age groups and Intermediate 400m and Junior 200m Championships—dates to be announced later.

WARRINGTON ATHLETIC CLUB 1976 EVENTS

SUN., APRIL 4th, Y.A. PARKLANDS RELAYS. Colts, Boys, Youths, Girls, J/Women, I/Women.

SAT., April 10th, CHRIS VOSE '10' R. RACE. SAT., SEPT. 25th, 4 x 3½M ROAD RELAY. For full details see 'AW' March 13th or write to G. T. Edwards, 10 Honister Avenue, Warrington, Cheshire, WA2 9NG.

THE WEST CORNWALL A.C. HELSTON TO CORNWALL 10 MILE ROAD RACE

Sunday, March 21st, 1976

Sponsored by Camborne-Helston Sports

Start: 14.00 Helston Sports Shop

Changing, prize giving & transport to start from Carn Brea Leisure Centre Pool, nr. Redruth. Under A.A.A. Laws.

Prizes: Plaques & Sports Equipment to first 3 Ind., Perpetual Trophy winning team (4 run, 3 count). **Entries** (£1 per team, 25p ind.) to Mr K. E. E. Naylor, 20 Pendrea Park, Camborne, Cornwall, TR14 8PF by March 15th.

NEWLAND PARK ROAD RELAY

(6 x 2.5 Miles) Under A.A.A. Laws

For the Eric Shaw Memorial Trophy

Entry Fee: 75p 'A' Team, 25p Extra Teams.

ALSO YOUTHS STRAIGHT

2½ MILE RACE

Entry Fee: 20p per Person, 60p per Team of four.

MEDALS & PRIZES

SATURDAY, 28th FEBRUARY, 1976

Entries to Bob Nicholson, Newland Park College, Chalfont St. Giles, Bucks.

CLASSIFIED ADVERTISEMENTS

5p per word. Box No 20p extra. Trade 10p per word, 6 insertions of same copy 9p per word, 13 insertions 8p per word, 26 insertions 7p per word—prepaid.

1951 INTERNATIONAL ATHLETICS ANNUAL WANTED. Good price offered, subject condition. **Houghton, 9 Ellsworth Road, High Wycombe, Bucks.**

STOPWATCHES. Latest electronic & mechanical models. Accusplit III, Cronus I & II. Omega, Heuer etc—Splits & Basics. Details from **Dept. A.W. AUTOCHRON 70, 15 Westow St, Crystal Palace, SE19 3RY.** Tel: 01-653 8214. Open 9—5.30 Mon—Sat (closed Weds). Callers welcome.

HELP YOURSELF—NIKE SHOES . . . Waffle Trainer £12.80, Oregon Waffle £11.75, Finland Blue £9.70, Boston £11.99, Intervalle spike £11.75, Americas spike £12.25, **ADIDAS SL72** £10.50, Gazelle £9.95, Cross £6.50; **REEBOK** Tendotector £6.95, Cougar £7.50, Peaks stud £7.50. Please add part postage 30p. **Ron Hill Sports Ltd., 148/150 Market Street, Hyde, Cheshire.**

ATHLETIC EVENTS

An advertisement can increase **YOUR** entries. £1 per centimetre, per insertion, **prepaid** (minimum 2cms). Quarter-page £9; Half-page £15; Page £26, per insertion, 25 per cent discount to clubs on four or more insertions of same copy. Cheques or Postal Orders to be crossed and made payable to "Athletics Weekly". Copy date—10 days before publication.

HAVERING ATHLETIC CLUB 16th ROMFORD HALF-MARATHON

(Under A.A.A. Laws)

SATURDAY, MARCH 27th, 1976 at 3 p.m.

Changing: Broxhill School, Romford

Prizes: first 4, first Vet O/40. First 3 Teams prizes and medals. Entries to C. N. J. Burton, (25p per person), 24 Longfield Ave., Hornchurch, Essex.

ENTRIES CLOSE 15th MARCH

CRAWLEY A.C. WOMEN'S ROAD RELAYS

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

SUNDAY, 21st MARCH, at 1.30 p.m.

At Crawley Sports Centre, Haslett Avenue

Minors 3 x 2800 metres

Juniors 3 x 2800 metres

Inters 3 x 2800 metres

Seniors 3 x 2800 metres

FOR THE UPJOHN TROPHY

(Aggregate of 4 age groups)

Prizes: first 3 Teams each age group, subject to entry.

Entries: 70p per Team.

To: A. C. Hayes, 123 The Birches, Three Bridges, Crawley, Sussex. (Tel: Crawley 29229).

ENTRIES CLOSE THURS., 11th MARCH

CANNOCK CHASE A.C.

first annual

CROSS-COUNTRY RELAYS

(AAA, WAAA, ECCU, MWCC & RWA Rules)

SUNDAY, MARCH 14th, 1976

AT WOLGARSTON SCHOOL,

PENKRIDGE, STAFFS (2 miles from M.6.)

Girls 3 x 1 lap (U/13 on 1.9.75)

Junior Women 3 x 1 lap (U/15 on 1.9.75)

Inter. Women 3 x 1 lap (U/17 on 1.9.75)

Colts 4 x 1 lap (U/13 on 1.9.75)

Boys 4 x 1 lap (U/15 on 1.9.75)

Youths 4 x 1 lap (U/17 on 1.9.75)

Medals for first 3 Teams, Plaques for fastest lap, Perpetual Trophies for Winning Teams.

Entry Fees: 50p per Team. (SAE please).

Entries to N. J. Bailey, 15 Chaseley Avenue,

Cannock, Staffs. (Tel: Cannock 4624).

CLOSING DATE WED., MARCH 3rd

MIDLAND COUNTIES AMATEUR ATHLETIC ASSOCIATION

AAA Under 20 Champs.,

AAA Senior Relay Champs.

WAAA Intermediate and Junior Champs.

AT RAF COSFORD,

WOLVERHAMPTON, STAFFS

on **FRIDAY, 19th MARCH** and

SATURDAY, 20th MARCH, 1976

(Under A.A.A. and W.A.A.A.)

EVENTS:

Youths Championship Events: 60m*, 200m*, 400m*, 800m*, 1500m*, Long Jump and Shot.

Junior Championship Events: 60m*, 200m*, 400m*, 800m*, 1500m*, 60m Hurdles, 3000m, Long Jump, Triple Jump, High Jump, Pole Vault and Shot.

Junior Long Jump will be held Friday night.

A.A.A. Senior Relay Championship: 4 x 100m and (4 x 3 x 2 x 1) in that order.

W.A.A.A. Senior Championship: 3,000m.

W.A.A.A. Intermediate Championship Events: 60m*, 400m*, 800m*, 1500m*, 60m Hurdles, Long Jump, High Jump and Shot.

W.A.A.A. Junior Championship Event: 60m*, 1500m*.

* Heats may be held Friday evening.

Medals and Plaques will be awarded for the AAA events and awards will also be made for WAAA Championship Events.

ENTRY FEES: All Championships events 50p per event incl. VAT.

Relay Teams: £2 per event incl. VAT.

CLOSING DATE FOR ENTRIES:

1st MARCH, 1976

No late entries accepted

Entry forms available from: Midland Counties AAA, Devonshire House, High Street, Deritend, Birmingham B12 0LP.

PLEASE ENCLOSE A STAMPED
ADDRESSED ENVELOPE WITH YOUR
ENTRY.