

February 17th 1973 Vol. 27 No. 7

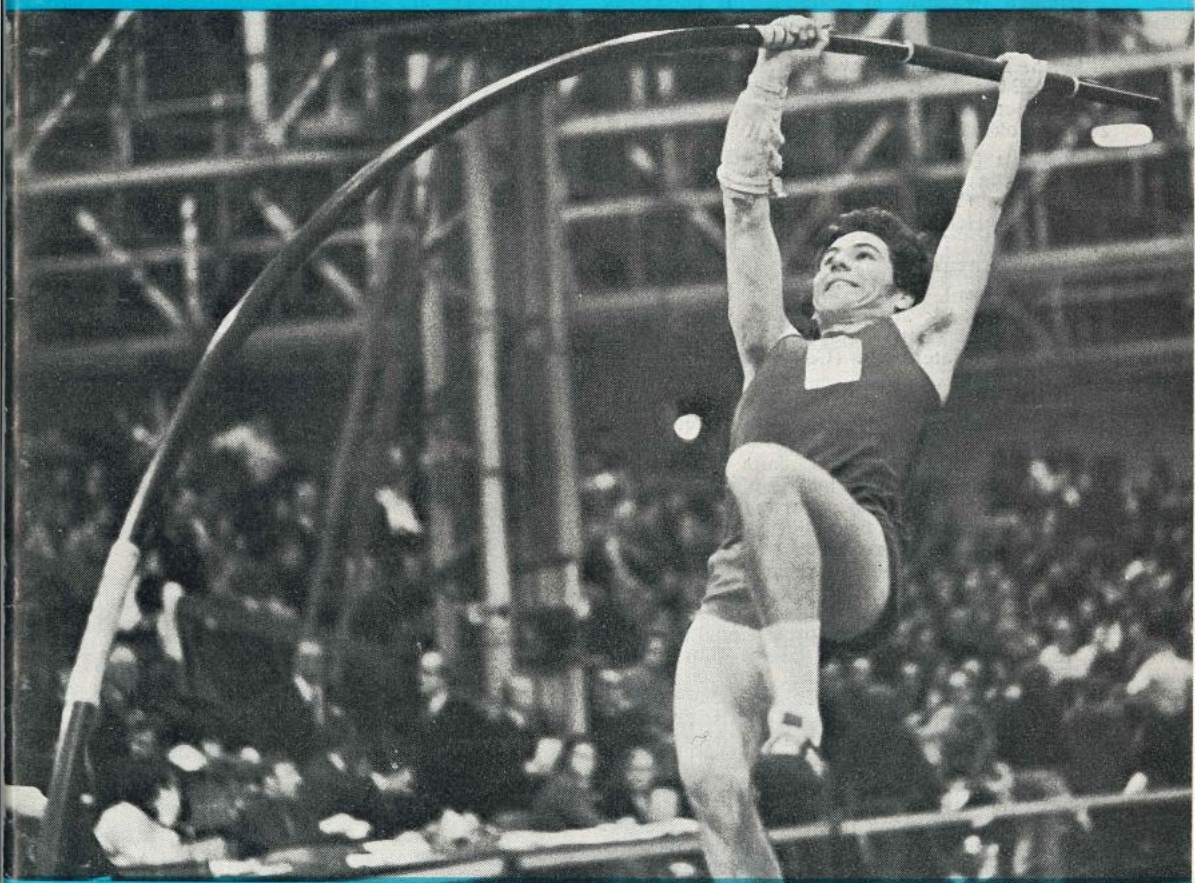
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thletics
weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

INSIDE

- * UK v East Germany
Indoor Preview
- * Area Cross-Country
Championships
- * Spotlight on
Jacky Lord
- * Review of UK
Season (Women)



10p

National Indoor
Pole Vault
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action at Cosford.

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AREA CC CHAMPIONSHIPS

REPORTS and results of the Southern (men), Northern (men) and Scottish (women) Cross-Country Championships will be found inside. Due to postal delays and a tight production schedule we have been unable to publish in this issue detailed results of the other area championships. These will appear next week, but in the meantime here are the leading results:—

Midland (men), at West Bromwich: 1, D. Black (Small Heath) 46.25; 2, R. Clark (Bris) 46.45; 3, K. Hinton (Dby) 47.46; 4, D. Lem (Birch) 47.55; 5, P. Gilson (Kett) 47.56; 6, A. Domleo (Dby) 48.05; 7, A. Rushmer (Tip). Teams: 1, Tipton 85; 2, Derby 111; 3, Coventry Godiva 169.

Midland (women), at Solihull: 1, A. Lovell (Birch) 21.10; 2, G. Murray (Broms. & R) 21.20; 3, S. Carey (Cov. G) 21.41; 4, C. Smith (Birch) 21.49; 5, T. Bateman (Cov. G) 22.00; 6, B. Cardy (B&R) 22.06; 7, A. Kirkham (Cov. G) 22.20; 8, P. Cropper (Birch) 22.30. Teams: 1, Birchfield 26; 2, Stoke 52.

Northern (women), at Rotherham: 1, E. Connors (Preston) 19.06; 2, J. Lochhead (ASV) 19.12; 3, B. Banks (Wall) 19.19; 4, A. Noble (Hallam) 19.46; 5, C. Helsby (Stret) 19.52; 6, M. Ashcroft (Wall) 19.54. Teams: 1, Stretford 52; 2, Wallasey 55; 3, Airedale & SV 65.

Eastern (men), at Peterborough: 1, I. Thompson (Luton) 41.01; 2, Graham Tuck (C&C) 41.07; 3, A. Simmons (Lut) 41.48; 4, R. Brett (S. Holl) 42.13; 5, J. Waterhouse (C&C) 42.51. Team: Cambridge & C.

(FILM REVIEW)

Olympiad 1972. A Super 8mm film (silent) in colour, using film shot by the official Olympic camera team. The vast majority of the events shown are track and field, but it also includes Olga Korbut and Mark Spitz, two great personalities in the gymnastic and swimming events. It is difficult to obtain 8mm film at any time and this is a first class film, as good as any I have ever seen, very sharp and of professional standard, as indeed it should be as it was shot by the official Olympic camera team. Being a German production, it has one slight drawback from a British point of view—Mary Peters does not feature in it! But this should not detract from the excellence of the film itself and many clubs and others will want to obtain a first class record of the Munich Games. Of 13mins. duration, it is surprising how many track and field events are shown. Olympic winners shown include Borzov, Vasala, Viren, Keino, Wottle, Shorter, Akii-Bua and others. The U.K. distributors are Calyx Publications Ltd., 9 Crosspath, Radlett, Herts, and the cost is £10.75 including post and packing.

P.W.G.

SCAAA INFORMATION SUMMARY

New Affiliation: Junior Guardsmens Wing AC, Pirbright Camp, Woking, Surrey.

Affiliation Fees: Clubs are reminded that Affiliation Fees became due on January 1st, 1973 and it will save time and postage if any outstanding fees could be sent without delay. Rates are:—Athletic Clubs with over 200 members, £20; 101-200 members, £15; 51-100 members, £10; 26-50 members, £5; 25 members or less, £2; all other Clubs and Associations, £2; Schools (with no voting rights), £1.

Coaching: The next Written Test for the Senior Coaches Award will be held on February 25th.

Championships: The first Championship of 1973 will be the 10,000m to be held at Crystal Palace on April 18th.

Open Meetings: The next Open Meeting at Crystal Palace will be on February 21st. Subsequent dates booked are March 21st, April 18th, May 7th, July 11th, August 22nd and September 19th.

Club Status: Thames Hare and Hounds, formerly registered as a Cross Country Club, are now registered as a Club for Road Races and Road Relay Races in addition to Cross Country.

Cornwall County AAA: The new County Secretary is: E. Staker, The Pippins, Trelowth Road, Polgooth, St. Austell.

First Claim Qualifications: The following have been approved:—J. Vernon, Notts AC to Sutton & Cheam; R. Burton, Hillingdon to Luton United; I. Lymath, Eton Manor to SLH; P. Picking, Liverpool H. to Surrey Beagles; G. G. Hughes, Carmarthen to Woodford Green; M. Davies, Reading to Thames H&H (Cross Country and Road); J. Kerley, North Dorset to Salisbury; P. Milner, Lakeland to City of Plymouth; C. Megnin, Highgate to Woodford Green; J. Williams, Hercules Wimbledon to Cambridge H.

AAA Club: A Southern Counties AAA Club has been formed as a Branch of the AAA Club. Tom Moore is Chairman and the Acting Hon. Secretary is B. H. Tinton, 52 Rutland Road, Forest Gate, London, E7 8PH.

A. J. C. Kendall, Hon. Secretary.

CORRECTION

In the UK Men's review last week, it was stated that Peter Stewart only lost once to another UK athlete. In fact he was also beaten by Brendan Foster (3:57.2) and Pekka Vasala (3:57.2) in clocking 3:57.4 over a mile in Stockholm on July 5th last year.

BLACKHEATH HARRIERS WINTER TRACK MEETING

CRYSTAL PALACE, SUNDAY, MARCH 18th

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): 10p per event. Entries by letter to R. Taylor, "Stoneley," 14 Denbridge Road, Bickley, Kent. BR1 2AG (Tel: 01-467-6466) by March 14th. NO PRIZES—ONLY TIMES

Cover photo by Ed Lacey

ATHLETICS WEEKLY

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THE WEEK AHEAD

Saturday, February 17th: UK v. GDR. (East Germany) indoor match at RAF Cosford; Women's AAA Annual General Meeting at Bowater House, Knightsbridge; Welsh Open Juniors and Colts Championships at Swansea; Scottish Championships at Coatbridge, Lanarkshire; Birmingham League at Birchfield (1), Halesowen (2) and Keele Univ (3); Surrey League at Coulsdon (1) and Milford (2); Halifax and Dist. Championships at Lightcliffe; Army Youths Championships at Lichfield; National Catholic Schoolboys Championships at Coventry; Weymouth '10'; Hillingdon '5' at Ruislip; Kent League at Footscray Meadows; Parbold 6M Hill Race; South Western Counties Championships at Newquay; Mid Lincs League at Blackburn; Essex LAC Cross Country Relays at Woodford.

Sunday, February 18th: National Veterans Championships at Perry Barr (Birmingham).

Tuesday, February 20th: Chingford League (Road) at Walthamstow.

Wednesday, February 21st: Southern Counties AAA Open Meeting at Crystal Palace (19.00); RAF Championships at Halton.

Thursday, February 22nd: Univ. of Wales v. RAF at Stafford.

Friday, February 23rd: Royal Navy Championships at HMS Dryad; Army Championships at Pirbright.

Saturday, February 24th: Women's National Championships at Rawtenstall; Hyde Park Road Relay; Metropolitan League at Woodford; Mid-Lincs League at Lancaster; Welsh Open Seniors and Youths Championships; Carnethy Hill Race; Woking '10'; North London AC Races at Parliament Hill; Southampton and Eastleigh CC Relay; Grangemouth "Round the Houses" Road Races.

Sunday, February 25th: Culdrose Cup.

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LEAGUE RACES

NORTHUMBERLAND & DURHAM LEAGUE (Handicap)

At Gateshead, January 27th

1, W. Robinson (Gates) 34.59 (29.59); 2, P. Bentley (NSP) 34.59; 3, J. Rodgers (Elswick) 35.26; 4, W. Forrest (Gosforth) 36.00; 5, M. McLeod (Elswick) 36.07 (31.07); 6, D. Pearson (Gates) 36.29; 7, C. Hallimond (Gates) 36.44 (34.14); 8, J. Caine (Gates) 36.45 (31.45); 9, J. McCarthy (Gosforth) 37.01 (32.01); 10, A. Leitch (Gates) 37.21 (32.21); 11, B. Cordes (Morpeth) 37.22 (32.22); 12, B. Baggeley (Gates) 37.33 (32.33); 13, P. Parker (Gates) 37.37 (32.37); 14, D. Gray (Morpeth) 37.43 (32.43); 15, R. Carruthers (Gosforth) 38.02 (33.02). Fastest: Robinson 29.59, McLeod 31.07, Caine 31.45. **Teams:** 1, Gateshead 44; 2, Elswick 111; 3, Gosforth 119; 4, South Shields 286.

Youths

1, P. Robinson (Gosforth) 15.05; 2, A. Hutchinson (Gates) 15.55; 3, V. Rice (S'well) 16.16; 4, C. Chapman (Jarrow) 16.30 (14.40); 5, A. Wynn (S'well) 16.32 (14.42); 6, S. Murray (S'well) 16.32 (14.42); 7, S. Irvine (Gates) 16.35 (14.45); 8, J. Colquhoun (Blyth) 16.40 (14.50); 9, C. Wynn (S'well) 16.47; 10, K. Hudson (Blaydon) 16.52. Fastest: Chapman 14.40, Wynn 14.42, Murray 14.42. **Teams:** 1, Saltwell 14; 2, Gateshead 21; 3, Blaydon 31.

Boys

1, N. Curry (Gateshead) 10.56; 2, P. Addison (S. Shields) 11.01; 3, P. Gage (Jarrow) 11.04; 4, P. King (Jarrow) 11.15; 5, L. Robson (Gosforth) 11.22; 6, D. Hall (Gates) 11.23; 7, D. Flannigan (Gos) 11.25; 8, S. Mitchell (Gos) 11.28; 9, D. Roberts (NSP) 11.31 (10.11); 10, M. Freeman (Blyth) 11.40. Fastest: Roberts 10.11, K. Nichols (NSP) 10.27, S. Beckwith (Jarrow) 10.34. **Teams:** 1, Gosforth 20; 2, Jarrow & Hebburn 20; 3, Blyth 33.

Colts

1, P. Bartlett (Elswick) 11.31; 2, S. Gilmore (Elswick) 11.39; 3, S. Waters (Blaydon) 11.43; 4, K. Chenery (Jarrow) 11.58; 5, M. Boothby (Gos) 12.00; 6, D. Pickering (Gos) 12.01. Fastest: W. Johnson (Stanley) 11.04, S. Halliday (Jarrow) 11.08, B. Rowe (S'well) 11.30. **Teams:** 1, Elswick 11; 2, Gosforth 21; 3, Jarrow & Hebburn 33; 4, Blaydon 35.

NORTH MIDLANDS LEAGUE

At Derby, January 27th

1, M. Tagg (Derby) 32.29; 2, P. Gilsenan (Kettering) 32.53; 3, A. Domleo (Derby) 32.59; 4, K. Hinton (Derby) 33.19; 5, S. Mitchell (Lough. C) 33.27; 6, J. Offord (Leics. C) 33.35; 7, P. Lindsell (Matlock C) 33.38; 8, G. Thompson (Notts) 33.42; 9, J. Eley (Derby) 33.47; 10, B. Cole (Lough. Univ) 33.53. **Teams:** 1, Derby 28; 2, Notts AC 76; 3, Kettering 92; 4, Loughborough Colls. 149; 5, Leics. C. 205; 6, Notts 'B' 253. Final placings: 1, Derby 186; 2, Notts AC 321; 3, Kettering 340; 4, Loughborough Colls. 506; 5, Leicester C. 596; 6, Notts 'B' 1209.

Youths

1, P. Sanderson (Leics. C) 17.53; 2, T. Bailey (Derby) 18.09; 3, D. Rowe (Derby) 18.18; 4, P. Coyne (Newark) 18.21; 5, B. Moss (Notts) 18.25; 6, J. Edwards (Leics. C) 18.27. **Teams:** 1, Leicester Cor. 16; 2, Derby 21; 3, Notts AC 38; 4, S. Holland 40; 5, Sutton-in-Ashfield 46; 6, Lincoln C & C 77. Final placings: 1, Leicester C. 54; 2, Notts AC 157; 3, Derby 165; 4, Kettering 225; 5, Sutton-in-Ashfield 268; 6, S. Holland 354.

Individual overall winners: (Sen) A. Domleo (Jun) R. Oliver (Leics. C); (Yth) P. Sanderson; (Boy) N. Field (S. Holland); (Vet) A. Hughes (Newark).

NORTHUMBERLAND & DURHAM LEAGUE (Handicap)

At Sunderland, February 3rd

1, P. Taylor (Sunderland) 27.47; 2, M. Candlish (Jarrow & H) 28.33; 3, K. Graham (Gateshead) 28.55; 4, D. Coker (Heaton) 30.08 (28.08); 5, P. Geary (Gates) 30.18 (28.18); 6, A. Younger (Sund) 30.53; 7, A. Matheson (Morpeth) 31.29 (27.29); 8, P. Parker (Gates) 31.29 (27.29); 9, D. Dixon (Gates) 31.58 (27.58); 10, H. Forrest (Gos) 32.13. **Teams:** 1, Gateshead 75; 2, Gosforth 103; 3, South Shields 188. Fastest: Matheson 27.29, Parker 27.29, Dixon 27.58.

Youths

1, G. Forster (Sunderland) 15.15 (13.15); 2, R. Hemsley (Gosforth) 15.17; 3, J. Colquhoun (Blaydon) 15.31 (13.31); 4, S. Irvine (Gates) 15.34 (13.34); 5, P. McGuinness (Blaydon) 16.01; 6, D. Waters (Gates) 16.14 (14.14). **Teams:** 1, Blaydon 16; 2, Saltwell 30. Fastest: Forster 13.15, Colquhoun 13.31.

Boys

1, C. Nesbitt (Saltwell) 11.19; 2, D. Clough (Blyth) 11.30; 3, I. Hodgetts (Blyth) 11.31; 4, S. Croney (Gosforth) 11.33; 5, T. Power (Jarrow) 11.49; 6, T. Walsh (Jarrow) 11.50; 7, K. Hudson (Jarrow) 11.54; 8, P. Long (Jarrow) 12.02 (10.42); 9, S. Nicholson (Blyth) 12.05 (10.45); 10, C. Cresswell (Houghton) 12.05. **Teams:** 1, Blyth 14; 2, Jarrow 18; 3, Saltwell 31; 4, Gosforth 42.

Colts

1, G. Kyle (Jarrow) 7.40; 2, B. Herron (Jarrow) 7.48; 3, C. Blyth (Sund) 7.57; 4, D. Schosler (S'well) 7.58; 5, P. Thompson (S'well) 8.05; 6, C. Taylor (Gosforth) 8.07; 7, D. Broviner (S'well) 8.11 (7.11); 8, S. Waters (Blay) 8.12 (7.12); 9, C. Farley (Sund) 8.14; 10, S. McCarrick (Blay) 8.15. **Teams:** 1, Jarrow & Hebburn 15; 2, Saltwell 16; 3, Blaydon 29; 4, Gosforth 45. Fastest: Broviner 7.11, Waters 7.12.

HAMPSHIRE LEAGUE

At Southampton, February 3rd

1, L. Presland (Aldershot) 28.07
2, J. Lewis (Salisbury) 28.23
3, C. Whitty (Aldershot) 28.38
4, I. Burgess (S'ton & E) 28.40; 5, H. Chadwick (B'mth) 28.44; 6, D. Curwell (AFD) 28.54; 7, P. Burton (S'ton & E) 28.59; 8, C. Plumpton (Ports) 29.01; 9, M. Woods (AFD) 29.12; 10, A. Harmer (Ports) 29.19; 11, M. Hyman (Ports) 29.34; 12, J. Mack (B'mth) 29.41; 13, J. McCurdie (AFD) 29.45;

14, D. Long (B'mth) 29.48; 15, B. Keogh (Bas) 29.55; 16, I. Oldacre (And) 30.01; 17, R. Elliott (B'mth) 30.10; 18, P. Stamp (AFD) 30.24; 19, J. Bardell (S'ton & E) 30.29; 20, S. Bulpitt (S'ton & E) 30.39; 21, D. Amey (Salis) 30.44; 22, R. Meadows (B'mth) 30.50; 23, C. Barnett (And) 31.02; 24, Haig (AFD) 31.07; 25, C. Ayres (Bas) 31.11. **Teams:** 1, Aldershot 32; 2, Southampton & E. 76; 3, Bournemouth 79; 4, Portsmouth 83; 5, Salisbury 126; 6, Andover 189.

Youths

1, A. Barnett (Andover) 18.42; 2, G. Rowsell (S'ton) 19.00; 3, N. Skipper (Ports) 19.25; 4, M. Cross (B'mth) 19.34; 5, M. Harmer (B'mth) 19.41; 6, Logan (AFD) 19.48; 7, G. Bulpitt (Andover) 19.48; 8, S. Barnshaw (AFD) 19.57; 9, Toomer (B'mth) 19.58; 10, N. Hind (Ports) 20.15. **Teams:** 1, Portsmouth 30; 2, Bournemouth 48; 3, Aldershot 51; 4, Southampton & E. 56; 5, Andover 61.

Boys

1, M. Hendrix (Southampton & E) 9.17; 2, K. Downer (S'ton) 9.23; 3, C. Shuttleworth (Salis) 9.27; 4, Smith (New) 9.35; 5, Sait (Ports) 9.36; 6, Humphreys (Andover) 9.39; 7, Meadows (Ports) 9.45; 8, R. Giblett (S'ton) 9.48; 9, J. Hasler (S'ton) 9.48; 10, S. Hunt (B'mth) 9.58. **Teams:** 1, Southampton & E. 20; 2, Portsmouth 38; 3, Andover 65; 4, Bournemouth 74; 5, Newbury 78; 6, Salisbury 84.

GWENT LEAGUE**At Llanrumney, February 3rd**

1, J. Theophilus (Swansea) 30.38; 2, P. Lonner (Bristol) 31.15; 3, H. Lewsell (Cardiff) 32.36; 4, D. Roberts (Swan) 32.38; 5, A. Davies (Card) 33.12; 6, D. Robbins (Swan) 33.18; 7, S. Aylett (Gilw) 33.27; 8, W. Pryce (Card) 34.14; 9, A. Davies (Card) 34.37; 10, L. Thomas (Swan) 34.52; 11, G. Jones (Newp) 35.20; 12, J. Walsh (Card) 35.22; 13, B. Waters (Wrex) 35.33; 14, J. Smith (Abert) 35.34; 15, R. Durbridge (Card) 35.35. **Teams:** 1, Cardiff 123; 2, Swansea 119; 3, Newport 61; 4, Bristol 50; 5, Carmarthen 38; 6, Gilwern 25.

Juniors: 1, P. Harries (Card) 22.20; 2, S. Slocombe (Card) 22.20; 3, A. Ireland (Barry) 22.23; 4, M. Mullaney (Swan) 23.56; 5, A. Parker (Cwm) 25.34. **Teams:** 1, Cardiff 9; 2, Barry CS 3; 3, Swansea 2.

Youths: 1, S. Rolfe (Carm) 18.39; 2, D. Flynn (Swan) 18.59; 3, A. Dyke (Bishop Gore) 19.11; 4, P. Tucker (Swan) 19.16; 5, C. Phillips (Carm) 19.18; 6, P. Robbins (Bris) 19.27; 7, A. Darby (Cwm) 19.44; 8, A. Marchant (Cantonian) 19.45; 9, G. Barsby (Bris) 19.50; 10, P. Mitchell (AAC Chepstow) 19.57. **Teams:** 1, AAC Chepstow 100; 2, Bristol 63; 3 eq., Swansea & Carmarthen 62; 5, AAC Chepstow 'B' 54; 6, Cardiff 37.

Boys: 1, M. Morris (Cwm) 10.24; 2, V. LeGrand (Bris) 10.26; 3, S. Evans (Abert) 10.28; 4, G. Parsons (Bris) 10.47; 5, B. Fenn (Swan) 11.08; 6, T. Green (Barry) 11.09; 7, C. Owen (Bris) 11.12; 8, B. Davies (Swan) 11.14; 9, K. Jones (Rhondda) 11.19; 10, K. Norman (Rhon) 11.28. **Teams:** 1, Bristol 211; 2, Abertillery 166; 3, Rhondda 161; 4, Barry CS 138; 5, Bishop Gore 120; 6, Cantonian HS 105.

Colts: 1, J. Stanton (Hartcliffe) 8.20; 2, R. Wakefield (Hart) 8.23; 3, P. Bird (Hart) 8.24; 4, A. Morgan (Gilw) 8.27; 5, C. Street (Bris) 8.28; 6, G. Keeble (Bris) 8.30; 7, A. Dyer (Hart) 8.34; 8, G. Booker (Swan) 8.40; 9, M. Baker (Abert) 8.50; 10, M. Sowden (Bris) 8.50. **Teams:** 1, Hartcliffe Sch 412; 2, Bristol 381; 3, Swansea 350; 4, Bridgend YMCA 272; 5, Gilwern H 265; 6, Cantonian HS 232.

Junior Colts: 1, P. Hudd (Bris) 8.02; 2, S. Bushell (Bris) 8.08; 3, D. Hann (Bris) 8.17; 4, A. Waters (Newtown) 8.21; 5, A. Gibbons (Carm) 8.24; 6, P. Evans (Carm) 8.25; 7, D. Carpenter (Abert) 8.28; 8, A. Bushby (Bris) 8.32; 9, J. Sheridan (Bris) 8.34; 10, D. McAtee (Newp) 8.35. **Teams:** 1, Bristol 312; 2, Barry CS 213; 3, Swansea 212; 4, Cantonian HS 209; 5, Bridgend YMCA 180; 6, Llanrumney HS 175.

Women: 1, D. Davies (Card) 20.57; 2, P. Molesky (Card) 22.30; 3, A. Disley (Newp) 22.44; 4, S. Barnes (Bris) 24.05. **Teams:** 1, Cardiff 18; 2, Newport 6; 3, Bristol 4.

Intermediates: 1, S. Smith (Bris) 12.20; 2, S. Tolan (Cwm) 12.37; 3, A. Morris (Bridgend) 12.45; 4, A. Roblin (Card) 12.51; 5, S. Hayler (Swan) 13.30; 6, S. Taylor (Swan) 14.15; 7, S. Cooper (Bris) 14.34; 8, S. Emery (Bris) 15.04. **Teams:** 1, Bristol 34; 2, Cardiff 26; 3, Swansea 19; 4, Cwmbran Olymp 13; 5, Bridgend 12.

CAMBERLEY YOUNG ATHLETES MEETING

(Under AAA and WAAA Laws)

Sunday, 20th May, 1973 at Bracknell Sports Stadium

First event at 10.30 a.m.

Events for

COLTS : BOYS : YOUTHS : MINORS : JUNIORS : INTER-LADIES
(Medals or Prizes for all events)

Details from: Mr. D. Hall, 2 Lorraine Road, Camberley, Surrey.

ENTRIES CLOSE 25th APRIL, 1973

McKEAN BEATS LANE IN BUSF

1. A. McKean (Edinburgh Un) 34.17
2. J. Lane (Southampton Un) 34.37
3. D. Allen (Sheffield Un) 34.52
4. R. Smedley (Birm. U) 35.01; 5. I. Gilmour (Birm. U) 35.13; 6. A. Dewhurst (Durham U) 35.19; 7. P. Adams (Read. U) 35.24; 8. M. Kearns (Birm) 35.24; 9. G. Hannon (Queen's, Belfast) 35.35; 10. B. Harrison (Leics) 35.39; 11. A. Moore (Oxford) 35.41; 12. R. Treadwell (Cambridge) 35.41; 13. S. Mitchell (Lough. C) 35.45; 14. L. Reilly (Manchester) 35.46; 15. P. Wood (Newcastle) 35.51; 16. M. Dell (Camb) 35.52; 17. A. Holden (Birm) 36.02; 18. D. Lorimer (St. A) 36.03; 19. J. Robertshaw (Birm) 36.07; 20. D. Gillanders (Sheff) 36.11; 21. S. Richardson (Sheff) 36.14; 22. S. Waite (Sx) 36.17; 23. G. Hannon (Ulster) 36.20; 24. J. Fox (Leeds) 36.28; 25. J. Patton (Durham) 36.33; 26. A. Parker (Sx) 36.39; 27. S. Easton (St. Andrews) 36.42; 28. D. Logue (Glasgow) 36.48; 29. R. O'Brien (Edin) 36.52; 30. D. Mayho (Lough. C) 36.54; 31. G. Whittleston (Sheff) 36.56; 32. G. Thewlis (Birm) 37.00; 33. K. Clifford (Camb) 37.02; 34. J. Dingwall (Edin) 37.03; 35. T. Jones (Read) 37.03; 36. D. Glassborow (Kent Un) 37.05; 37. M. Peck (Aston) 37.06; 38. A. Bird (Leeds) 37.08; 39. P. Swift (Oxford) 37.09; 40. R. Lunnion (Camb) 37.11; 41. R. Durrack (Ulster) 37.13; 42. M. Newport (Man) 37.15; 43. G. Morgan (Man) 37.19; 44. G. Dugdale (Oxford) 37.27; 45. J. Stubbs (E. Anglia) 37.29; 46. E. Himsforth (Durham) 37.31; 47. M. Lambert (Leeds) 37.32; 48. P. Hay (St. Andrews) 37.33; 49. D. Moorcroft (L'borough) 37.34; 50. C. Lipple (Durham) 37.34; 51. P. Fletcher (Bristol) 37.36; 52. J. Crafer (Sheff) 37.38; 53. D. Good (Aston) 37.40; 54. S. Galloway (Lough. Colls) 37.41; 55. M. Dennett (Reading) 37.42; 56. W. Ewers (Oxon) 37.43; 57. S. Turner (London) 37.45; 58. G. Domaingue (Lon) 37.46; 59. M. Bromilow (Ox) 37.50; 60. A. Jukes (Lon) 37.52; 61. A. Lightfoot (Sheff) 37.56; 62. J. Lowden (Camb) 37.59; 63. J. Walker (Edin) 38.00; 64. J. Gunstone (Glas) 38.01; 65. N. Jerome (Notts) 38.03; 66. C. Downing (Read) 38.04; 67. A. Morley (Birm) 38.05; 68. T. Edwards

At Guildford, February 3rd

(Birm) 38.06; 69. J. Brearlet (Camb) 38.07; 70. H. Symonds (Dur) 38.09; 71. R. Tiner (Lon) 38.11; 72. W. Gaskell (Aber) 38.12; 73. D. Cox (Camb) 38.13; 74. M. Knapp (Sheff) 38.15; 75. M. Winstanley (Lanc) 38.19. 248 finished.

Teams: 1, Birmingham Univ. 81; 2, Sheffield 177; 3, Cambridge Un. 219; 4, Durham 264; 5, Oxford 292; 6, Edinburgh 352; 7, Reading 357; 8, Manchester 358; 9, Leeds U. 409; 10, London 410; 11, St. Andrews 490; 12, Glasgow 517; 13, Leicester 580; 14, Ulster 647; 15, Newcastle 724; 16, Aston 742; 17, East Anglia 745; 18, Queen's, Belfast 757; 19, Bristol 772; 20, Aberdeen 818.

BUSF WOMEN'S CHAMPIONSHIP

1. A. Lovell (Leeds) 14.23
2. J. Savage (Birmingham) 15.03
3. M. Hudson (Durham) 15.56
4. P. Tarry (Sy. Un) 16.02; 5. A. Jones (Birm) 16.05; 6. A. Wilson (Sheff) 16.33; 7. A. Clarke (Dur) 16.34; 8. J. Robinson (Birm) 16.50. 19 finished. Teams: 1, Birmingham 19; 2, Durham 25; 3, Sheffield 39; 4, Brunel 43; 5, Leicester 44.

(We regret that no report of the BUSF Championships has been received in time for this issue—Ed.)

Dave Hopkins Dominates Colleges Championship

WELSHMAN Dave Hopkins, the pre-race favourite, running for Cardiff, dominated the British Colleges cross-country championship at Guildford on February 3rd. Hopkins, a 23-year-old mathematics student who looks set to fulfil his ambition of running for Wales this year, covered the seven miles course in 35.19.

At the end of the first lap he was out in front with John Wheway. This pair was 20y up on Nick Jeffery who then proceeded to pay the penalty for starting off too fast. Next time round red-headed Hopkins, a member of Newport Harriers, was well clear with about 150y of daylight between him and Wheway. Steve Downie was third and Nigel Gates, coming through after a slow start, was in fourth spot.

As far as the battle for the main honours was concerned, the race was obviously over. Hopkins came home well clear and also well pleased with his effort. "I'm as fit now as I was at the end of last season," he told me. "I've been building up steadily and I hope to make the Welsh team this time." It was also victory at his first attempt because he revealed that 12 months ago his college was unable to send a team to the inaugural British Colleges race.

GWENT LEAGUE continued from page 5

Juniors: 1, J. Hulbert (Swan) 9.04; 2, J. Ryan (Bris) 9.10; 3, S. Avis (Bris) 9.13; 4, S. Turner (Bris) 9.17; 5, S. Lode (Brecon) 9.25; 6, P. Waters (Newtown) 9.28; 7, M. Bevan (Gillw) 9.34; 8, M. Giles (Bris) 9.40; 9, J. Hemmings (Bris) 9.45; 10, J. Emery (Bris) 9.46. **Teams:** 1, Bristol 199; 2, Cardiff 150; 3, Swansea 126; 4, Cwmbran Olymp 59; 5, Cardiff 'B' 54; 6, Carmarthen 47.

Girls: 1, L. Dyer (Bris) 8.46; 2, D. Lewis (Card) 8.57; 3, C. Azzopardi (Cantonian) 9.06; 4, F. Pike (Cwm) 9.15; 5, D. Evans (Cwm) 9.16; 6, K. Tolan (Cwm) 9.17; 7, C. Oakley (Bris) 9.19; 8, C. Castle (Bris) 9.23; 9, M. Shipper (Card) 9.28; 10, S. Backwell (Bris) 9.31. **Teams:** 1, Bristol 247; 2, Cardiff 233; 3, Cwmbran Olympiads 229; 4, Bridgend 142; 5, Cantonian HS 130; 6, Cardiff 'B' 111.

Like the individual race the tussle for team honours never really looked in doubt and it was Borough Road College all the way, packing six in 13—although the man who led them round the first lap, Nick Jeffery, faded so much he didn't make the six!

Tom Pollak

1. D. Hopkins (Cardiff Coll) 35.19
2. J. Whewy (Madeley Coll) 36.12
3. S. Downie (Borough Road Coll) 36.32
4. N. Gates (BRC) 36.41; 5. P. Banning (BRC) 36.58; 6. T. Coyle (Didsbury) 37.06; 7. P. Griffey (Alsager) 37.14; 8. F. Brady (St. Mary's) 37.25; 9. D. Gee (Al) 37.30; 10. M. Pickering (W. Mid) 37.41; 11. M. Russell (BRC) 37.53; 12. N. Saunders (BRC) 37.57; 13. M. Jenkins (BRC) 38.01; 14. A. Mountford (Al) 38.16; 15. B. Cribben (St. M) 38.22; 16. D. Daly (St. M) 38.26; 17. A. Robertson (Alsager) 38.34; 18. J. Davidson (Mad) 38.37; 19. P. Parker (Mad) 38.56; 20. D. Dutton (Alsager) 38.59; 21. A. Callender (St. Luke's) 39.01; 22. J. Higgins (St. Peters) 39.11; 23. D. Michael (BRC) 39.29; 24. B. Adams (Mad. C) 39.34; 25. B. Copps (St. M's) 39.45; 26. M. Fayne (St. M's) 39.48; 27. N. Jeffrey (BRC) 39.57; 28. M. Winkle (Al) 40.09; 29. D. Hockley (Nottingham) 40.17; 30. B. Brennan (St. M's) 40.37. 83 finished.

Teams: 1, Borough Road College 48; 2, Alsager 95; 3, St. Mary's 120; 4, Madeley 168; 5, St. Paul's 253; 6, Leeds Carnegie 270; 7, West Midlands 284; 8, St. Peter's 285; 9, Nottingham 322; 10, Didsbury 324; 11, St. Luke's 345.

Tony Simmons Again

THE Michelin 7th Annual Business Houses National race held on February 4th, attracted a record entry of 186 runners from 27 teams. With teams coming from Wales, Scotland, London, Tyne-side, Eastern Counties and the Midlands the race had the atmosphere of the 'National' about it and this was further strengthened by the fact that the teams had acquired their own colours making the start a very colourful sight. The 5½ mile course consisted of three laps of 'old fashioned' country containing thick mud, heavy plough, fences, a steep hill and the now infamous 'water splash', especially dammed to give the large crowd and some of the runners a little light relief.

Straight from the gun last year's winner, Tony Simmons, took the lead closely followed by Scottish International Dick Wedlock, and ex-Olympic 800m runner Alan Dean. These three were still together at the end of the first lap but then during the next lap Tony really opened up to draw away from his rivals. Wedlock left Dean to continue to chase the Vauxhall runner but to no avail. However the Scottish runner did have the satisfaction of leading his team, Fire Service Association to fine victory thereby bringing to an end Michelin's dominance of this event having won the previous six races.

Don Shelley

1. A. Simmons (Vauxhall) 27.21
2. R. Wedlock (Fire Service) 27.49
3. A. Dean (Michelin) 28.04
4. A. Adams (Int. C) 28.20; 5. M. Lane (Brit. Steel C) 28.26; 6. P. Fitcher (Fire Ser) 28.27; 7. E. Haslam (Wiggins Teape) 28.40; 8. P. Miller (Cov. Corp) 28.52; 9. J. Godding (Int. C) 29.08; 10. P. Beacham (Wiggins T) 29.16; 11. A. Walker (Michelin) 29.34; 12. N. Deakin (Michelin) 29.54; 13. M. Woods (Shell-Lens) 30.01; 14. J. McCurdie (Shell-L) 30.07; 15. A. Jones (Lon. Trans) 30.10; 16. R. Adam (Fire Ser) 30.11; 17. W. Adcocks (Cov. Corp) 30.14; 18. B. Clifton (Tube T) 30.15; 19. M. Paul (Barclays Bnk) 30.17; 20. R. Morris (Rolls Royce) 30.24; 21. R. Painter (Cov. Corp) 30.25; 22. D. Fletcher (Fire Ser) 30.27; 23. J. Craven (Courage Brewery) 30.30; 24. M. Hedges (Dept. of Employ) 30.33; 25. R. Woolaston (Cov. Corp) 30.38; 26. P. Durrant (British Steel) 30.39; 27. T. Regan (Fire Ser) 30.44; 28. C. Hunt (Tube Invest) 30.45; 29. T. Rooke (ICI) 30.46; 30. K. Northard (Rolls Royce) 30.59; 31. J. Martin (Scottish FS) 30.59; 32. M. McGann (ICI) 31.05; 33. M. Brennan (Dept. of Em) 31.06; 34. D. Shelley (Michelin) 31.07; 35. A. Lee (Barclays Bnk) 31.08; 36. R. Churn (Vauxhall) 31.19; 37. K. Bartlam (Daulton) 31.20; 38. G. Mathiudis (BSC) 31.24; 39. P. Docherty (Shell Chem) 31.25; 40. P. Coleman (Vauxhall) 31.25. 136 finished.

Teams: 1, Fire Service Asso. 46; 2, Michelin 60; 3, Coventry Corp. 71; 4, Vauxhall Motors 121; 5, International Computers Ltd. 134; 6, British Steel Corporation 137; 7, Shell Research (Lonsbury) 142; 8, Wiggins Teape 147; 9, ICI 176; 10, Tube Investments 180. 24 teams closed.

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NATIONAL INDOOR CHAMPIONS

New talent in evidence at Cosford meeting



Mary Stewart, aged 16, leads from Jean Lochhead in the 1500 metres, won by Jean in 4:30.6. Mary finished second in 4:32.5 to earn her first UK senior vest.

Mark Shearman



MIKE WINCH

Added a centimetre to his personal best with a put of 18.67/61'3".

Tony Duffy



LIZ CONNORS

Winning the inaugural 3000m title in an indoor best on record of 9:36.0.

Ed Lacey

Jim McGuinness (left), from Northern Ireland, avenged his Nos Galan mile defeat by beating John Cadman for the 1500m title in 3:50.6.



Tony Duffy

Welsh Notes

SIXTY-FIVE officials and competitors will travel to the Commonwealth Games in New Zealand from Wales in January, 1974 at a cost of £470 each person. Apart from an expected grant from the Sports Council for travel and a few other expenses the Games Council for Wales will have to raise the bulk of the £30,000 required. Mr Raymond E. Jones of Cardiff has been appointed General Team Manager and his assistant will be named shortly.

The BAAB are making further inquiries regarding the scholarships offered to Welsh athletes Tony Dyke of Swansea Harriers and Peter Ratcliffe of Cardiff AAC—obviously to see if they are valid under IAAF laws, before reporting back to the Welsh AAA. Any other athletes receiving such offers should contact their area secretaries before replying, to safeguard themselves.

Clive Williams of Cardiff AAC has resigned from all his posts in Welsh AAA administration except that of Secretary to the First Claims Committee, in order to concentrate on his running. Clive and Ken Bennett have produced Welsh Ranking Lists for the past 10 years and would not doubt appreciate some help with this work.

The South Wales Press recently announced Liz Parsons-Johns's retirement from athletics owing to a persistent leg injury. On the advice of her coach Tony Clemo she has called it a day after collecting more titles than any other Welsh woman athlete in history.

A full international match Wales v England will take place at Bargoed Stadium on July 7th and there is the possibility of another international "away" later this season.

The main attraction at this year's Welsh Games—which will probably be held at Cwmbran Stadium, according to recent reports, will be a Wales v Netherlands match, on July 21st.

R. A. Weston of Cardiff AAC, who lives at 40 Dan yr Heol, Cyncoed, Cardiff can supply details of his club's Open Meetings at Maindy Stadium during the year.

Events for male and female competitors are listed at present as follows: April 14th, May 7th, July 2nd, July 23rd and Sept 5/6th. The meeting on Easter Sat, April 21st is for SM, JM and SW.

The Secretary of the Welsh AAA will welcome news of forthcoming events from any part of the country, especially from Wales and border counties at any time of the year. A fixture list is compiled twice a year and it has a wide distribution. Address: 9 Campbell Terrace, Mountain Ash, Glam.

Today, Feb 17th, the Welsh Junior, Boys and Colts championships go on at Singleton Park, Swansea, starting at 2 p.m. Next Sat, 24th, the Welsh Youth's and Senior champs. are at Cardiff, Blackweir or Pontcanna, starting at 2.30 pm. The Welsh team for the International in Belgium on March 18th will be selected after the senior championship but there is still a question mark over the junior team. It is not yet certain that a junior team will travel. The senior women will be represented in the first ever international controlled by the IAAF. I'm told 20 teams will take part in the senior men's race, including such countries as Denmark and Sweden for the first time.

I am glad to report that Tom Mogford is now out of hospital and is convalescing at his son's home in Aberdare. "Robbie" Robinson can take telephone calls at his bedside at Rookwood Hospital, Ward One, Tel Cardiff 566281-Ext 010. Robbie recently had his other foot amputated but says that he is now awaiting the artificial limbs and hopes to be discharged in about six weeks.

Representations have been made by RRC to the AAA to reconsider their decision to abandon the 10 miles championship. The event might yet survive and could possibly come to Wales in April.

Bernard Baldwin

Southern CC Championships**At Parliament Hill, February 10th****Bedford Opening a New Chapter?**

DAVE BEDFORD never does things by halves. His crushing victory in last Saturday's Southern Senior cross country championship, over the National course at Parliament Hill, was a total contrast to his laboured performance in his previous major appearance at the same venue: 63rd in the IAC-Findus race in November.

But this time it was a new Bedford who put 1 min 38 secs between himself and the second man. Or, rather, the Bedford of old, hoping that one chapter in his career closed in Munich, and another is starting.

A fierce, icy shower greeted the runners as they made their way up the first hill, but when this passed Bedford took the initiative in the second mile, and simply ran right away from the rest. After the first lap (3 miles) he had 80 yards to spare over Hugh Starkey, Peter Adams, Dick Newble and Bill Mullett, who were running in a group. By 5 miles he was nearly a minute ahead of Starkey, who was followed closely by Newble, Mullett, Henk Altmann, Adams, Les Presland, Mick Beever, Bob Richardson, Ron McAndrew, Don Faircloth, Maurice Benn and Bob Holt: a solid block of talent, but on this day all in a different class to Bedford.

As he loped along the tree-lined paths, you might have thought he was just out on a training run, until a minute or so later came the pack in pursuit, and you realised it was a race.

At the finish Bedford was over 1½ minutes clear, and asking as he crossed the line: "The Junior race gone, has it?"—a reference to that afternoon in 1970 when on the same course he won both the Senior and Junior titles. That, probably, was the day he became known as a "character".

The group who had been immediately following Bedford perhaps over-reached themselves, and it was Aldershot's Les Presland who came through to take a surprise second spot, ahead of Henk Altmann.

"I'm sorry that Malcolm Thomas and Frank Briscoe weren't here," said Bedford, "because although I think I would have beaten them, they would have made it more of a race".

Southern and National champion Thomas, who beat Bedford for the Middlesex title last month, still hadn't recovered from the effects of flu and a mouth abscess he suffered afterwards, while Briscoe had also succumbed to flu. So, too, had Julian Goater, and that, together with Huw Richards' pulled muscle on the last lap, put paid to Shaftesbury's team title hopes. Reading convincingly took this, with six scorers packed between 12th and 40th place; Gerry Stevens (50th) found himself out of the scorers for the first time in eleven years. Good, incidentally, to see former Southern champion, Tim Johnston, running again in Portsmouth's colours, and finishing a notable 20th.

Although cross country times don't mean much (especially as the course was much drier than usual this year) it may be of interest to note that Bedford's winning time of 43.57 was nearly two minutes faster than in 1970, and though the start was further up the hill this year, it didn't make two minutes' worth of difference.

Now Bedford hopes for one more race, country or road, to sharpen up for the National. He's currently training three times a day, with morning and evening runs planned by Bob Parker and a lunchtime track session planned by John Anderson. His weight is around 144lb (65kg); in his disillusion after Munich it reached a stone more than that.

The Junior title went to Neil Coupland of Southampton & Eastleigh, who took the lead after 1½ miles and had some 50 yards to spare over Peter Carton after the first two laps. Coupland pulled further away on the second circuit to win by 50 seconds. Last year's Youths winner, Neil Saunders, moved past Coupland's clubmate Steve Waite on the second lap for third place and to lead Southgate to a team victory. Coupland, third in the Inter-Counties championship, is a law student at the University of Kent.

Ray Crabb of Swindon, the Inter-Counties champion, was favourite for the Youths title, and

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struck out ahead after half a mile. But he was joined shortly afterwards by Jerry Odlin of North London AC, the Middlesex champion, and as they began the descent from Ken Wood House it was Odlin who pulled away for a surprise victory over Crabb. It was a good run by the Stationers School pupil, but he admitted that knowledge of the hilly course helped him (being local, he trains over it twice a week), and should do so again in the National.

Cliff Temple

Seniors (9 miles)

1. D. Bedford (Shaftesbury) 43.57
2. L. Presland (Aldershot, F & D) 45.35
3. H. Altmann (Thames H & H) 45.43
4. H. Starkey (Shaft) 45.53; 5. R. Newble (Med) 46.00; 6. R. Richardson (B'ht) 46.07; 7. P. Adams (Ald) 46.03; 8. J. Jones (Wind) 46.05; 9. M. Beevor (Herc-W) 46.07; 10. W. Mullett (B'ton) 46.08; 11. D. Faircloth (Croy) 46.09; 12. R. McAndrew (Read) 46.17; 13. R. Holt (Herc-W) 46.18; 14. M. Benn (Camb) 46.23; 15. A. Moore (Wind) 46.29; 16. J. Roberts (SLH) 46.30; 17. G. Pringuer (S'gate) 46.31; 18. J. Sheridan (TVH) 46.36; 19. K. Penny (Camb) 46.41; 20. T. Johnston (Port) 46.43; 21. P. Lindsell (Read) 46.44; 22. R. Piotrowski (Read) 46.47; 23. B. Watson (Camb) 46.48; 24. J. Brown (Hill) 46.59; 25. S. Badgery (Herc-W) 47.03; 26. J. Mouat (Hill) 47.07; 27. I. Wilson (B'ht) 47.15; 28. M. Duff (Read) 47.18; 29. P. Francis (Hill) 47.19; 30. T. Jones (Thames H & H) 47.20; 31. R. Graham (Wind) 47.21; 32. D. Holt (Herc-W) 47.22; 33. T. Baker (Sy. B) 47.24; 34. M. Wands (Hill) 47.30; 35. M. Weeks (Chelm) 47.37; 36. H. Chadwick (Thames H & H) 47.38; 37. L. O'Hara (Bel) 47.39; 38. D. Dipper (Read) 47.41; 39. S. Farley (Med) 47.43; 40. G. Biscoe (Read) 47.44; 41. J. Lewis (Salis) 47.45; 42. G. Elmore (Shaft) 47.47; 43. P. Fulcher (Chelm) 47.50; 44. J. Simmons (Med) 47.52; 45. L. Adams (Hill) 47.56; 46. B. Allen (Wind) 47.58; 47. M. Barratt (Eal) 47.59; 48. A. Jones (Camb) 48.05; 49. J. Bicourt (Bel) 48.06; 50. G. Stevens (Read) 48.08;

51. K. Darlow (Read) 48.15; 52. P. Watson (Shaft) 48.16; 53. J. Clare (B'ht) 48.17; 54. J. Wigley (Med) 48.18; 55. L. Coleman (Har) 48.19; 56. C. Whitty (Ald) 48.24; 57. J. Booth (Thames H & H) 48.27; 58. V. Smith (Med) 48.29; 59. P. Stevens (TVH) 48.32; 60. R. Hawtin (B'ht) 48.33; 61. R. Davies (Ver) 48.34; 62. M. Hyman (Port) 48.35; 63. F. Titley (Ex. B) 48.36; 64. M. Belcher (Shaft) 48.37; 65. J. Baldwin (B'ht) 48.28; 66. C. Fitcher (Port) 48.40; 67. M. Woods (Ald) 48.41; 68. J. McNamara (TVH) 48.42; 69. F. Maillardet (Camb) 48.43; 70. R. Young (Hav) 48.43; 71. P. Bryan (Hav) 48.44; 72. P. Brenchley (Kt) 48.45; 73. T. Hart (Bel) 48.46; 74. J. Birtion (Ver) 48.47; 75. A. Jarrett (Thur) 48.52; 76. D. Ashbourne (SLH) 48.53; 77. R. Alden (Read) 48.56; 78. P. Horwood (B'ht) 48.57; 79. G. Taylor (Camb) 48.57; 80. G. Gough (Port) 48.58; 81. R. Harding (Inv) 48.58; 82. P. Williams (SLH) 48.59; 83. R. Ingleton (Port) 49.01; 84. P. O'Connor (Bel) 49.02; 85. C. Plumptre (Port) 49.03; 86. J. Bryant (Thames H & H) 49.06; 87. R. Dipper (Read) 49.07; 88. P. Lill (Croy) 49.08; 89. J. Wilkins (Camb) 49.09; 90. R.

- Tiner (Guild) 49.12; 91. J. Stubbs (Eal) 49.13; 92. N. Jerome (Ald) 49.14; 93. P. Corney (Port) 49.15; 94. B. Lauckner (Ver) 49.16; 95. A. Campbell (Enf) 49.16; 96. D. Townsend (Inv) 49.17; 97. M. Emms (Wood. Gn) 49.17; 98. L. Stock (Hav) 49.19; 99. M. Paul (Camb) 49.20; 100. L. Mann (Bel) 49.21; 101. R. Raymen (Herc-W) 49.22; 102. P. Burton (S'ton) 49.23; 103. R. Steven (Shaft) 49.24; 104. P. Rockwood (B'ton) 49.25; 105. R. Corney (Swin) 49.26; 106. G. Bradbury (Herc-W) 49.27; 107. G. Harrold (Enf) 49.27; 108. C. Reed (Had) 49.28; 109. P. Bennett (B'ton) 49.28; 110. A. Bray (B'ton) 49.29; 111. C. Cloke (Enf) 49.32; 112. P. Chivers (Eal) 49.32; 113. P. Griffiths (Hill) 49.33; 114. J. Rimmer (Bel) 49.34; 115. R. Slowe (H'gate) 49.35; 116. F. O'Gorman (B'ht) 49.42; 117. C. Haines (B'ht) 49.48; 118. K. Whyte (Read) 49.50; 119. J. Abberton (Poly) 49.51; 120. J. Dryden (Shaft) 49.52; 121. M. Athawes (B'ht) 49.52; 122. F. Stebbings (Croy) 49.56; 123. J. Steed (Ver) 49.57; 124. D. Curwell (Ald) 49.59; 125. G. Baker (Horsham) 50.00; 126. W. Stowe (Hav) 50.00; 127. T. Kazik (Swin) 50.01; 128. A. Pinfield (Mit) 50.03; 129. J. Batchelor (Ilf) 50.03; 130. A. Harmer (Port) 50.04; 131. R. Smith (Bel) 50.05; 132. I. Macmillan (Inv) 50.08; 133. R. Church (E. Sy) 50.10; 134. I. Burgess (S'ton) 50.14; 135. D. Yaffe (H'gate) 50.15; 136. A. Matson (Wyc) 50.16; 137. R. Butler (Kt) 50.19; 138. M. Moody (M'head) 50.20; 139. R. Adam (Port) 50.22; 140. T. Gorin (H'gate) 50.23; 141. N. Clarke (Wyc) 50.27; 142. P. McCracken (Nth. London) 50.28; 143. M. Connelly (Walton) 50.29; 144. N. Pittams (M'head) 50.34; 145. M. Brameld (Med) 50.35; 146. R. Howe (W'stow) 50.36; 147. J. Simmonds (Craw) 50.37; 148. R. Robertson (Shaft) 50.43; 149. J. Huntingford (Camb) 50.46; 150. P. Brown (H'gate) 50.47. 500 finished.

Teams :

1. Reading AC (12,21,22,28,38, 40) 161
2. Cambridge H. (14,19,23,48,69, 79) 252
3. Shaftesbury H (1, 4,42,52,64,103) 266
4. Hillingdon 271; 5. Hercules-Wimbledon 286; 6. Blackheath 289; 7. Medway 328; 8. Aldershot 348; 9. Thames Hare & Hounds 372; 10. Portsmouth 397; 11. Belgrave 457; 12. South London 658; 13. Brighton 680; 14. Havering 713; 15. Verlea 735; 16. Thames Valley 750; 17. Ealing & Southall 742; 18. Highgate 853; 19. Enfield 870; 20. Chelmsford 1081; 21. North London 1083; 22. Invicta 1088; 23. Ranelagh 1192; 24. Kent 1297; 25. Croydon 1325; 26. Woodford Green 1342; 27. Ilford 1387; 28. Met Police 1394; 29. Polytechnic 1405; 30. Southampton & Eastleigh 1418; 31. Maidenhead 1645; 32. Herne Hill 1680; 33. London Irish 1682; 34. Crawley 1843; 35. Southgate 1859; 36. Walthamstow 1860; 37. Orion 1907; 38. Epsom 1916; 39. Watford 1964; 40. East Surrey 2099; 41. Eton Manor 2211; 42. Bracknell 2234; 43. Basildon 2365; 44. Bank of England 2421; 45. Barnet 2533.

Juniors (6 miles)

1. N. Coupland (Southampton & E) 30.24
2. P. Carton (Belgrave) 31.14
3. N. Saunders (Southgate) 31.27

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RESULTS IN BRIEF

January 13th

Ferriby '10' at Hull. 1, J. Newsome (Wake) 50.48; 2, M. Child (Wake) 51.16; 3, B. Short (Cty. Hull) 51.28; 4, T. Kilmartin (Rowntrees) 52.07; 5, J. Craven (Rown) 52.13; 6, I. Wainwright (Sheff) 53.41; 7, T. Hunter (Hull Sp) 54.02; 8, C. Vodden (Wake) 54.07; 9, B. Pickersgill (Wake) 54.07; 10, B. Fletcher (Wake) 55.01; 11, P. Jarvis (Cty. Hull) 55.12; 12, G. McKenna (Leeds C) 55.14; 13, D. Jennings (Bingley) 55.19; 14, B. Cooke (Cty. Hull) 55.27; 15, F. Lucop (Cty. Hull) 55.42. Team: Wakefield. Handicap: (Over 45) S. Johnson (Cty. Hull) 20th (58.16).

Bingley H. Handicaps. 1, M. Lambert (Leeds U) 34.09; 2, A. Whitworth (Wake) 35.42; 3, M. Armistage (Holm) 35.43; 4, K. Midgley (Halifax) 34.58; 5, R. Bradley (Holm) 36.04; 6, E. Crosland (Holm) 33.48. Fastest: Crosland. Veteran G. Spink (Bing) 36.05. Teams: 1, Holmfirth 23; 2, Bingley 40; 3, Halifax 73. (Youths/Boys) 1, K. McDonald (Bing) 10.27; 2, A. Ulrick (Holm) 10.22; 3, J. Ashton (Wake) 10.30; 4, J. Wimpenny (Holm) 10.51; 5, G. Ellis (Holm) 10.47; 6, M. Slater (Greenhead) 10.37. Fastest: A. Hitchen (Wakefield) 10.18. Teams: 1, Holmfirth 27; 2, Wakefield 31; 3, St. Bedes 4. (Colts-scratch) 1, A. Dyson (Holm) 11.12; 2, S. Wolstenholme (Aire) 11.13; 3, E. Walsh (St. B) 1.8; 4, M. Upton (Wake) 11.35; 5, C. Platts (Bd. GS) 11.37; 6, N. McCay (Bd. GS) 11.38. Teams: 1, Bradford GS 38; 2, Wakefield 40; 3, Holmfirth 57; 4, St. Bedes 61.

January 17th

RAF East Anglian League, at Oakington. 1, R. Crabb (Wyton-Yth) 28.46; 2, Best (Marham) 29.08; 3, Wild (Wyton) 29.18; 4, Claire (Hon) 29.28; 5, Cameron (Wyton) 30.03; 6, Frith (Wyton) 30.16; 7, Marson (Bawd) 30.49; 8, Dicker (Ganges) 31.28; 9, Langley (Hon) 31.51; 10, Trimbo (Ganges) 32.23. Teams: 1, Wyton 28; 2, Honington 88; 3, Ganges 89; 4, Marham 119; 5, Oakington 129; 6, Bawdsey 147.

Wilts & Border League, at Brize Norton. 1, M. Hurd (Abingdon) 33.54; 2, Duggan (B. Norton) 34.29; 3, Balls (Innsworth) 34.49; 4, Tonner (B. Norton) 35.28; 5, Clark (Innsworth) 35.35; 6, Lee (B. Norton) 35.39; 7, Ferguson (Inns) 36.35; 8, Brolly (Locking) 36.42; 9, Potts (B. Norton) 36.47; 10, Sherry (St. Athan) 37.10. Teams: 1, Brize Norton 267; 2, Innsworth 253; 3, Abingdon 223; 4, Brize Norton 213; 5, St. Athan 188; 6, Benson 180.

January 20th

Cambridge H Championships, at Bexley. Veterans: 1, D. Dellar 14.52; 2, D. Coffey 16.37; 3, M. Payne 16.41. (Boys) 1, G. Marney 14.58; 2, G. Bisley 15.16; 3, G. Russell 16.50.

Belgrave 10m CC Championships, at Wembley. 1, L. O'Hara 53.38; 2, L. Mann 59.57; 3, T. Hart 60.27; 4, R. Smith 60.55; 5, A. Fairclough 61.53; 6, A. Black 62.08.

January 24th

Strike Command Championships, at RAF Halton. 1, M. Hurd (Abingdon) 28.34; 2, R. Crabb (Wyton-Yth) 28.53; 3, Wild (Wyton) 29.16; 4, Duggan (B. Norton) 29.48; 5, Keith (Waddington) 29.56; 6, Donkin (W. Drayton) 30.08; 7, Clare (Hon) 30.36; 8, Tonner (B. Norton) 30.40; 9, Cameron (Wyton) 31.01; 10, McCay (N. Hall) 31.02; 11, Robertson (Stammore Pk) 31.07; 12, Carr (W. Drayton) 31.11; 13, Lee (B. Norton) 31.15; 14, Frith (Wyton) 31.18; 15, Marson (Bawdsey) 31.24; 16, Wallace (Wadd) 31.35; 17, Martin (Abing) 31.44; 18, Getty (Witt) 31.54; 19, Stennett (Kinloss) 31.57; 20, Lamb (Wadd) 32.01; 21, Best (Marham) 32.10; 22, Edgington (Lyneham) 32.12; 23, Newall (B. Norton) 32.13; 24, James (N. Hall) 32.22; 25, Depper (B. Nort) 32.24. 170 finished. Inter-Station: 1, Brize Norton 100; 2, Wyton 159; 3, Waddington 194; 4, Abingdon 338; 5, Wittering 342; 6, Kinloss 353. (Juniors): 1, Nocton Hall 455; 2, West Drayton 463; 3, Northolt 497.

RAF London League, at Barnet. 1, Clark (Medmenham) 30.17; 2, Donkin (W. Dray) 30.41; 3, Carr (W. Dray) 31.20; 4, Faherty (Halton) 31.39; 5, Hurt (Halton) 31.52; 6, Todd (Henlow) 32.17; 7, Snelgrove (Uxb) 33.00; 8, Thomas (N'holt) 33.04; 9, Pratt (Halton) 33.19; 10, Lowe (Halton) 33.29. Teams: 1, Halton 177; 2, West Drayton 112; 3, Uxbridge 109; 4, Northolt 91; 5, Halton 'B' 79; 6, Medmenham 46.

Escalford League, at Graves Park, Sheffield. 1, D. Gillanders (Sheff. U) 24.11; 2, S. Richardson (Sheff. U) 24.33; 3, G. Whittleston (Sheff. U) 24.33; 4, T. Coyle (Didsbury C) 24.40; 5, P. Haywood (Leeds U) 24.54; 6, P. Varney (York U) 25.08; 7, J. Barker (Hull U) 25.18; 8, Dring (AAC) 25.32; 9, T. Whitbread (Derbt TC) 25.41; 10, A. Brierley (Leeds) 25.47; 11, J. Byrne (Salford U) 25.50; 12, A. Butler (Salford) 25.56; 13, M. Dudderidge (Leeds) 25.57; 14, G. Tarry (Leeds) 25.58; 15, S. Leslie (Leeds) 25.59. Teams: 1, Sheffield Univ. 22; 2, Leeds Univ. 42; 3, Sheffield 'B' 76; 4, Hull University 102; 5, Didsbury Coll. 104; 6, Salford Univ. 104.

January 27th

Mitcham AC Women's CC Races, at Morden. 1, L. Watson (LOAC) 18.42; 2, A. James (LO) 19.07; 3, G. Prue (LO) 20.09; 4, B. Cook (E. Sy. H) 20.38; 5, N. Mills (LO) 21.13; 6, R. Butland (LO) 22.22. Team: London Olympiads. (Intermediates) 1, L. Harvey (LO) 11.20; 2, S. Pearce (Croydon) 11.42; 3, J. Bennett (Croy) 12.02; 4, V. Rowe (LO) 12.22; 5, L. Woolmer (Mit) 13.12; 6, M. Lowe (Mit) 13.39. (No team race.) (Juniors) 1, S. Harvey (LO) 9.15; 2, S. Haeffele (Sutt & Ch) 9.57; 3, E. Aretz (Stev) 9.58; 4, B. Tolley (Epsom) 10.08; 5, K. Piper (S & C) 10.15; 6, C. Robinson (LO) 10.19. Teams: 1, Sutton & Cheam 16; 2, Mitcham 28; 3, Epsom & Ewell 36. (Girls) 1, P. Brighty (Craw) 9.26; 2, A. Steele (Hayes Ph) 9.31; 3, E. Harding (Epsom) 9.32; 4, L. Gibson (Thurrock) 9.40; 5, S. Bennett (Croy) 9.56; 6, A. Carlisle (Thurrock) 10.08. Teams: 1, Thurrock 23; 2, Epsom & Ewell 30; 3, Crawley 31; 4, Mitcham 35; 5, Hayes Phoenix 53; 6, Croydon 53.

Temperton Threw Caution to the Winds

WITH the Yorkshire County champion Mike Baxter of Leeds City away on international duty at Mol in Belgium, Airedale and Spen Valley's consistent John Temperton made the most of his absence to win that confusing other Yorkshire title—the divisional championship of the Northern CCA—at Pudsey on January 27th.

It served as a personal celebration for Temperton, a 24-year-old sales office manager from Mirfield for he had been notified of his first England appearance—at Hannut—following his good run in the recent inter-county race. The international event could easily have been advanced as a reason for a steady run but Temperton threw caution to the winds. He opened a gap on the first lap of the splendid undulating farmland course arranged by the Pudsey and Bramley Harriers and was never headed.

Bingley Harrier Peter Braithwaite, who had made the long journey from Oxford, where he now lives, to defend the title he won at Halifax twelve months ago, never gave up the chase but was unable to make any impression upon Temperton. There was a prolonged battle for third place between David Nicholl, a fast-improving Leeds City athlete, and three Sheffield United Harriers. Nicholl pulled clear in the closing stages.

Sheffield United, with placings four, five and six in the field of 160 plus, were unable to capitalise upon their fine start and Airedale and Spen Valley, the defending champions, scored convincingly in the team race. Even without Alwyn Dewhurst and Robert Harrison, who had run for Yorkshire the previous week, they packed six in 16 and must be in with a chance of a first three placing in the National. They have no star performer but such is their strength in depth that they will challenge strongly at Parliament Hill.

Granville Beckett

1. J. Temperton (Airedale) 38.20
2. P. Braithwaite (Bingley) 38.34
3. G. Nicholl (Leeds City) 39.09
4. D. Pratt (Sheffield U) 39.15; 5. I. Wainwright (Sheff. U) 39.21; 6. P. Rawnsley (Sheff. U) 39.22; 7. D. Quinlan (L'wood) 39.30; 8. P. Wood (Airedale) 39.32; 9. C. Taylor (Aire) 39.50; 10. R. Bailey (Rotherham) 39.53; 11. D. Barker (Hallam) 39.58; 12. A. Charnley (Rotherham) 40.02; 13. S. Richardson (Leeds C) 40.12; 14. K. Duckworth (Aire) 40.19; 15. D. Mayho (Aire) 40.20; 16. J. Fox (Aire) 40.20; 17. A. Greenwood (Hallam) 40.25; 18. E. Crosland (Holm) 40.27; 19. B. Mullarkey (Roth) 40.29; 20. M. Lambert (Bingley) 40.31; 21. T. Child (Wake) 40.40; 22. J. Newsome (Wake) 40.40; 23. P. Pape (Aire) 40.45; 24. D. Cliffe (Holm) 40.47; 25. J. Penrose (Bing) 40.56; 26. J. McSherry (Hallam) 41.01; 27. D. Anderson (Bing) 41.03; 28. T. Hunter (Hull Sp) 41.12; 29. R. Belk (Aire) 41.20; 30. M. Hague (Roth) 41.21; 31. B. Hilton (Leeds C) 41.35; 32. P. Puckin (Leeds C) 41.38; 33. R. Brook (Holm) 41.41; 34. T. Kil-martin (Rown) 41.47; 35. H. Rhys (Leeds C) 42.14; 36. D. Ferguson (Roth) 42.19; 37. M. Seddon

(Holm) 42.24; 38. R. Spirrett (Leeds C) 42.29; 39. A. Hird (Aire) 42.29; 40. B. Short (Hull) 42.32. 136 finished. **Teams:** 1, Airedale & SV 63; 2, Leeds AC 52; 3, Sheffield UH 154; 4, Bingley 107; 5, Rotherham 175; 6, Holmfirth 218; 7, Wakefield 278; 8, Hallamshire 329; 9, Rowntrees 395; 10, Longwood 402.

Juniors

1, K. Midgley (Halifax) 40.38; 2, M. Jenkins (Bingley) 41.08; 3, P. Haywood (Leeds Un) 41.15; 4, J. Crafer (Bingley) 41.30; 5, B. Johnson (Aire) 42.05; 6, S. Leslie (Leeds Un) 42.32; 7, M. Dudderidge (Leeds U) 42.48; 8, A. Brierley (Leeds U) 43.00; 9, C. Cope (Sheff U) 43.03; 10, R. Harbisher (L'wood) 43.24; 11, G. Tarry (Leeds U) 43.50; 12, C. Baldwin (Aire) 44.03. 27 finished. **Teams:** 1, Leeds Univ. 24; 2, Bingley 34; 3, Sheffield UH 72; 4, City of Hull 79.

Youths

1, R. Cocks (Cty Hull) 22.45; 2, G. Ellis (Holm) 22.58; 3, J. Todd (Aire) 23.14; 4, C. Hollingworth (Holm) 23.18; 5, R. May (Aire) 23.21; 6, J. Longthorn (Brad. GS) 23.28; 7, K. Hodsman (Hull) 23.32; 8, A. Hitchen (Wake) 23.40; 9, S. Rennie (Hull) 23.41; 10, A. Nichol (Halifax) 23.51; 11, J. Devaney (Hull) 23.52; 12, A. Armitage (Aire) 23.56; 13, M. Stoker (Leeds C) 23.58; 14, N. Tillotson (Bing) 24.00; 15, T. Soutar (Brad. GS) 24.01. 61 finished. **Teams:** 1, City of Hull 28; 2, Airedale & SV 42; 3, Bradford GS 66; 4, Wakefield 70; 5, Longwood 114; 6, Army App. Coll. 168; 7, City. Hull 'B' 181; 8, Leeds GS 187.

Boys

1, K. McDonald (Bingley) 17.35; 2, J. Crowley (St. Bede's) 17.49; 3, M. Prince (Cty. Hull) 17.56; 4, J. Ashton (Wake) 17.59; 5, A. Ulrick (Holm) 18.05; 6, S. Cahill (J. Smeaton) 18.11; 7, M. Slater (Bing) 18.16; 8, T. Connell (Bing) 18.23; 9, P. Neal (Roth) 18.27; 10, J. Wimpenny (Holm) 18.28; 11, A. Howden (Halifax) 18.29; 12, A. MacDougall (C. Hull) 18.30. 86 finished. **Teams:** 1, Bingley 32; 2, St. Bede's S 58; 3, Holmfirth 66; 4, Wakefield 90; 5, Halifax 107; 6, Bradford GS 129; 7, J. Smeaton Sch. 136; 8, City of Hull 141; 9, Pudsey & Bramley 200; 10, Army App. College 241.

Colts

1, B. Walsh (St. Bede's) 12.24; 2, S. Wolstenholme (Aire) 12.30; 3, M. Upton (Wake) 12.30; 4, P. Hinde (Bradford GS) 12.41; 5, C. Padgett (Batley, GS) 12.43; 6, C. Platts (Brad) 12.46; 7, D. Laverick (L'wood) 12.47; 8, I. Howe (Garforth CS) 12.53; 9, S. Matthews (Holm) 12.58; 10, J. Harrison (Leeds GS) 13.02. 116 finished. **Teams:** 1, St. Bede's Sch. 39; 2, Wakefield 55; 3, Bradford GS 82; 4, Holmfirth 91; 5, Longwood 116; 6, Batley GS 124.

I would like to thank Jim Sharlott for returning my missing binoculars (mislaidd at the Inter-County Championships). If he will contact me, enclosing his address, I will be able to refund the postage.

Dave Cocksedge

Overseas News and Results

THE RAPID RISE OF FILBERT BAYI

A NEW African track star burst upon the international scene during the 2nd All Africa Games in Lagos. After a cracking 1500m run in the fine time of 3:37.2 Filbert Bayi (that is how he signs his name) confessed he took up running almost by accident.

For someone who had just beaten Kip Keino, even though the great man claimed an injured knee affected his running, Bayi—a 20-year-old Tanzanian aircraft technician—is almost embarrassingly shy.

The victory has rocketed him from athletics obscurity into Africa's leading sportsman. On his return to Dar es Salaam he was greeted by a police brass band and hundreds of ecstatic Tanzanian sports fans.

Later he recalled how accident, rather than design, led him upon an athletic career. "I had to run eight miles every day from my home to school, including home for lunch," he said.

After school he joined the air wing of the Tanzanian People's Defence Force and developed an interest in the track. He made slow progress until joining the armed forces where he was able to devote time to training and secretly began "spying" on the country's top athletes. "I began to follow their style," he said, "and then I decided to take up athletics seriously."

At the Army Games in Tanzania he could manage no better than second place in the 1500m event; a few months later he entered the National Championships and shattered the Tanzanian best time for the steeplechase and the 1500m—and won Olympic selection. Later he won the 1500m at the East and Central African Games in a very good 3:38.9. Keino didn't run.

When he learned of his selection for the African Games he was apprehensive. Bayi thought he had no chance against the majestic Keino. "When the race started and I hit the front I thought I had little hope," he said, "but nobody came at me from behind and I knew then that I could do it!"

Bayi's ambition now is to beat Jim Ryun's world record of 3:33.1.

D. C. Garland

AFRICAN GAMES (Fuller Details)

At Lagos, January 9th-17th

100: Karikari (Gha) 10.6 (10.4 ht), Barka Sy (Sen) 10.6, Mwebi (Ken) 10.7; 200: Karikari 21.1, Daniels (Gha) 21.3, Mwebi 21.5; 400: Asati (Ken) 46.3, Bezabeh (Eth) 46.8, Mulugeta (Eth) 47.1,

Nyamau (Ken) 47.3; 800: Silei (Ken) 1:45.3 (52.3, 53.0), Kipkurgat (Ken) 1:47.2, Djouadi (Alg) 1:48.7, Abidoye (Nig) 1:48.7, Niisela (Botswana) 1:49.6; 1500: Filbert Bayi (Tanz) 3:37.2, Keino (Ken) 3:39.6, Ragassa (Eth) 3:40.0, Guettaya (Tun) 3:41.5, Mungai (Ken) 3:44.4, Rosnaivo (Malag) 3:44.8; 5000: Jipcho (Ken) 14:07.2, Yifter (Eth) 14:07.6, Mose (Ken) 14:08.4, Kotu (Eth) 14:17.6; 10,000: Yifter 29:04.6, Mose 29:05.8, Juma (Ken) 29:24.4; Mar: Mamo Wolde (Eth) 2:27:32, Bedame (Eth) 2:28:16, Maboza (Swaz) 2:34:17.8; 3000SC: Jipcho 8:20.8 (eq. world rec), Mogaka (Ken) 8:26.2, Mohammed (Eth) 8:32.8, Ejersa (Eth) 8:44.8, Byingingo (Uga) 8:54.8; 110H: Kimaiyo (Ken) 14.1, Aboyade-Cole (Nig) 14.5 (14.3 ht), Sarr (Sen) 14.5; 400H: Akii-Bua (Uga) 48.5, Koskei (Ken) 50.2, Ayoo (Uga) 50.2, Murei (Ken) 51.1.

HJ: Wasughe (Somali) 2.04/6'8½", Faye (Gam) 2.04, Ahmadou (Cam) 2.00/6'6½", PV: Gheita (Egy) 4.65/15'3", Rahal (Alg) 4.30/14'1½", Tsondzapeka (Congo Braz) 4.20/13'9½", LJ: Owusu (Gha) 8.00/26'3" w, Okoro (Nig) 7.93/25'8½", Dia (Sen) 7.71/25'3½", Ehizuelen (Nig) 7.71, Adams (Gha) 7.69/25'2½", TJ: Dia 16.53/54'2½", Munabi (Uga) 16.26/53'4½", Pomaney (Gha) 16.09/52'9½", Amoah (Uga) 15.80/51'10", Igun (Nig) 15.57/51'1", SP: Asaad (Egy) 19.48/63'11", Niare (Mali) 16.81/55'2", Djebaili (Alg) 16.63/54'6½", DT: Niare 55.28/181'4", Asaad 53.60/175'10", Kragbe (IC) 52.12/171'0", HT: Ochola (Uga) 50.64/166'2", Luzira (Uga) 49.86/163'7", Shaheen (Egy) 47.58/156'1", JT: Aye Abehi (IC) 77.22/253'4", Mayaka (Ken) 71.08/233'2", Ganongo (Congo Braz) 69.26/227'3", 4 x 100: Nigeria 39.8, Ghana 40.0, Ivory Coast 40.2 Kenya 40.4; 4 x 400: Kenya 3:06.3, Nigeria 3:06.9, Uganda 3:07.2, Ethiopia 3:08.0.

Women

100: Annum (Gha) 11.7, Asiedua (Gha) 11.9, Uko-Onon (Nig) 12.0; 200: Annum 23.8, Ewuzie (Nig) 24.7 (24.5 ht), Ocran (Gha) 24.8 ... Munene (Zam) 24.4 ht; 400: Chemabwai (Ken) 54.0, Bakari (Gha) 55.6, Mgbakwe (Nig) 56.0; 800: Anyakun (Uga) 2:09.5, Joshua (Nig) 2:10.7, Opoku (Gha) 2:11.7; 1500: Kesiime (Uga) 4:38.7, Wagaki (Ken) 4:38.7, Yeboah (Gha) 4:42.3; 100H: Oshikoya (Nig) 14.2, Edet (Nig) 14.4, Nyakecho (Uga) 15.1; HJ: Oshikoya 1.71/5'7½", Aghagba (Nig) 1.69/5'6½", Chesire (Ken) 1.60/5'3"; LJ: Oshikoya 6.15/20'2½", Odafin (Nig) 6.07/19'11", Kabanda (Uga) 5.73/18'9½"; SP: Okeke (Nig) 13.59/44'7", Njana (Nig) 12.39/40'7½", Goze (IC) 11.90/39'0½"; DT: Hart (Gha) 41.06/134'8", Okoli (Nig) 40.82/133'11", de Zouza (Togo) 38.20/125'4"; JT: Rwabiryaga (Uga) 47.50/155'10", Cherotich (Ken) 41.94/137'7", Chekpiyeng (Ken) 39.12/128'4"; 4 x 100: Ghana 46.2, Nigeria 46.5, Kenya 48.5; 4 x 400: Uganda 3:45.4, Nigeria 3:45.6, Kenya 3:46.0.

Wilde's Record Broken By Emiel Puttemans

Emiel Puttemans began his indoor campaign where he left off outdoors—cracking records. Running in the Dutch Championships at Leyden (200m track) last Saturday he took 1.8 sec. off Ricky Wilde's indoor best with 7:45.2 timing, passing 2000m in 5:10.0. Three other Belgians ran inside 7:56!

Several indoor bests were registered in Toronto on February 2nd: 5.0 50y (equal) by Herb Washington (USA), 5.8 50yH (equal) by Danny Smith (Bahamas) and Tom Hill (USA), 5.5 50y by Iris Davis (USA), 2:29.4 1000y by Glenda Reiser (Canada) and 6.4 50yH (equal) by Mamie Rallins (USA) and Lacey O'Neal (USA). Next night, Rod Milburn (USA) also clocked 5.8 in Cleveland, and in Houston on February 10th he set new indoor 120yH figures of 13.3.

EUROPEAN RESULTS

20.1. Dortmund (WG). Indoor PV: Ziegler 5.20/17'0 $\frac{3}{4}$ ", Kuretzky 5.20, Baird (Aus) 5.20. **20.1. Mainz (WG).** Indoor 60m: Baumgartner 6.7; women's 60m: Hest (Austria) 7.3. **20.1. Senftenberg (EG).** Indoor 50m: Kropp 5.6; women's 600m: Dietsch 1:29.5 (world best—but 250m track); 50mH: Schmalfeld 7.1; HJ: Witschas 1.87/

6'1 $\frac{1}{2}$ ", Kirst (née Schmidt) 1.80/5'10 $\frac{1}{4}$ ", Gilde-meister 1.80, Kandziora 1.80. **21.1. Dortmund.** Indoor SP: SEATORY 16.28/53'5"; women's 50m: Richter 6.2. **21.1. Mainz.** Indoor 60m: Hensel 6.6; women's 60m: Kroniger 7.4. **21.1. Wingene (Bel).** 9km CC: Roelants 28.00, Puttemans 28:15, Polleunis 28:45, TAGG 28:47, Thys 28:53, van Mullen 28:57, Lismont 29:02. **27.1. Madrid (Spa).** Indoor 60m: Paraiso 6.6.

28.1. Berlin (EG). Indoor 50m: Kokot 5.5 . . . Zenk 5.6 ht; 50mH: Munkelt 6.5, Becker 6.6, Fiedler 6.6; (B) Bethge 6.6; PV: Reinhardt 5.15/16'10 $\frac{3}{4}$ "; SP: Lochmann 19.40/63'7 $\frac{1}{4}$ ", Briesenick 18.46/60'6 $\frac{1}{4}$ "; women's 50m: Selmigkeit 6.2, Hamann 6.2 (6.1 ht), Kandarr (née Vogt) 6.2; 50mH: Ehrhardt 6.9; HJ: Witschas 1.91/6'3 $\frac{1}{4}$ " (world best), Kirst 1.75/5'8 $\frac{1}{4}$ ", Kalliwooda 1.75, Gildemeister 1.75. **28.1. Chartres (Fra).** 11.3km CC: Roelants (Bel) 36.11, Tijou 36.53, ALDER 37:12 . . . 9, N. EVANS 38:17; 11, BICOULT 14, J. WIGHT; 17, GUNSTONE . . . 28, Mimoun.

3.2. Paris (Fra). Indoor 60m: Sarteur 6.6; 60mH/PV: Drut 7.8 & 5.05/16'6 $\frac{1}{4}$ ". **3.2. Sabadell (Spa).** Indoor Women's 400: Besson (Fra) 56.1. **4.2. Berlin (EG).** Indoor 400: Gutschmidt 47.6; 800: Fromm 1:50.4; Mile Justus 4:02.3, Boxberger (Fra) 4:02.9; 3000: Haase 7:52.8; 50mH: Wodzynski (Pol) 6.7, Siebeck 6.7; HJ: Junge 2.20/7'2 $\frac{1}{4}$ ", Kirst 2.15/7'0 $\frac{1}{4}$ ", Dosa (Rum) 2.15; PV: Olszewski (Pol) 5.10/16'8 $\frac{3}{4}$ "; LJ: Klaus 7.88/25'10 $\frac{1}{4}$ ", Gawlik 7.75/25.5 $\frac{1}{4}$ "; TJ: Dudkin (USSR) 16.08/52'9 $\frac{1}{4}$ "; SP: Lochmann 19.80/64'11 $\frac{1}{4}$ "; women's 50m: Selmigkeit 6.3, Telliez (Fra) 6.4; 400: Kafer (Austria) 55.7, Duclos (Fra) 55.9; 800: Zlateva (Bul) 2:04.7; 50mH: Ehrhardt 7.0; HJ: Hubnerova (Cz) 1.85/6'0 $\frac{3}{4}$ ", Witschas 1.80/5'10 $\frac{1}{4}$ "; LJ: Albertus 6.34/20'9 $\frac{1}{4}$ ", Schmalfeld 6.29/20'7 $\frac{1}{4}$ ", Viscopoleanu (Rum) 6.22/20'5"; SP: Taranda (USSR) 17.04/55'11", Greiner 17.02/55'10 $\frac{1}{4}$ ", Lange 16.84/55'3", Chewinska (Pol) 16.66/54'8". **4.2. Mezzidone (Fra).** 9.3km CC: DENNIS COATES 31:05, Caraby 31:13, TEMPERTON 31:38, KENYON 31:40, Le Gall 31:53, WARD . . . 9, MARTIN. **4.2. Budapest (Hun).** Indoor HJ: Major 2.21/7'3"; women's HJ: Matai 1.85/6'0 $\frac{3}{4}$ ", Rudolf 1.82/5'11 $\frac{1}{4}$ ". **4.2. Reggio Emilia (Ita).** Indoor 50yH: Buttari 6.0 (eq. Eur best held by Hemery & Ottos); PV: Fraquelli 5.10/16'8 $\frac{3}{4}$ "; women's HJ: Simeoni 1.78/5'10". **4.2. Rosyn (Fra).** 8.6km CC. FREARY 31:23, HINTON 31:23, NEWBLE 31:39, PENNY 32:22.

10.2. Leyden (Neth). Indoor 1500: Mignon (Bel) 3:43.6, Salve (Bel) 3:44.1; 3000: Puttemans (Bel) 7:45.2 (world best), Thys (Bel) 7:55.2; (B) Polleunis (Bel) 7:52.6, Ornelis (Bel) 7:54.0, Hermens 7:57.6. **10.2. Madrid.** Indoor 60m: Nowosz (Pol) 6.6, BRIAN GREEN 6.7 (6.6 ht eq. UK best), Paraiso 6.7, Chauvelot (Fra) 6.7; 800: PETE BROWNE 1:54.5, Sanchez (Fra) 1:54.8, Burgos 1:55.0; 60mH: Wodzynski (Pol) 7.7, Jozwik (Pol) 7.9, JAMES KIRKPATRICK 8.0, Marty (Fra) 8.0; HJ: Martin (Fra) 2.14/7'0 $\frac{1}{4}$ " . . . 3, Sneazwell (Aus) 2.07/6'9 $\frac{1}{2}$ ".

USA

Outdoor results—**30.12. Melbourne, Fla.** Mar: Clayton Craig (17) 2:28:22. **21.1. Asbury Park.** Mar: Fleming 2:19:16.

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CURVED START LINES AND STAGGERS FOR 800 METRES AND LONGER RACES

By C. B. Spurgin, M.A., F.Inst.P., Wolverhampton & Bilston AC

ANY athlete or official who has visited a number of tracks may well have wondered, as I have, how the curved start lines are marked for the longer races. Straight lines, such as 100m starts or the staggered starts for 200m and 400m, or relay take-over zone limits are easy enough. There are usually permanent marks on each side of the track, painted on the stone or concrete edging, and all that is needed is a string stretched across the right pair of marks at each point. Nothing quite so simple is possible for a curved line, particularly when it is not an arc of a circle. On some occasions it has seemed as though the groundman has set off with his marker and judged it by eye. On other occasions it is likely that he has gone to a good deal of trouble, using a complicated procedure, and still got it wrong. On many more occasions he is likely to have used a very simple technique and marked it perfectly. Some doubts about the correctness of the curved start used for a certain 2000m steeplechase last summer have led me to consult various sources of information and the results of my inquiries are now offered in this article. I am extremely grateful to Instr.Lt.Cdr. C. A. Sinfield, M.B.E., R.N.(Rtd), Honorary Secretary of the AAA Rules Revision and Records Committee, who kindly read the draft of this article, made suggestions for its improvement, and encouraged me to publish it.

The rules which govern the matter are as follows: Rule 59 of AAA Rules for Competition (1972-73), part of which says "In all races not run in lanes the starting line shall be curved so that wherever it occurs on the track all the runners can cover the same distance in the race," and rule 56 (g) (i), part of which says "The track must be measured 12" (30 cm) outwards from the track side of the inner edge if there is a raised border or if the line is flagged . . .". The relevant WAAA rules, Rules 70 and 64 (g) (i) respectively, have similar wording. The corresponding IAAF rules are Rule 162-1 (last paragraph) and Rule 161. The actual wording of Rule 162 is, in fact, ". . . all the runners start the same distance from the finish." The crux of the matter is contained in the words "the same distance". What these rules amount to in terms of geometry is shown in figure 1.

It should be noted that this and all other references in this article are to the "Standard 400 metre Track" shown in drawing number 13b (revised April 1970) and drawing number 15b on pages 81 and 86 of the AAA Rules of Competition (1972-73). This track has *straights* 84.39m long and *curves* of radius 36.50m measured to the track side of the permanent raised border. A competitor who starts at some point S on the curved start line, runs

straight along the tangent ST to the 30cm line, and then follows the 30cm line to reach some point P (which is round the bend for all competitors), will run the same distance as any other competitor who follows his own tangent path XY and then follows the 30cm line to P. It is clear that the curved start line will not be part of a circle, since points on a circle are equal distances by *straight* lines from a *single* fixed point, whereas X and S are equal distances from the many possible positions of P—anywhere round the bend—measured partly along curves and partly along straight lines, with different lengths of straight path for every point on the start line. It is equally clear that to calculate the shape

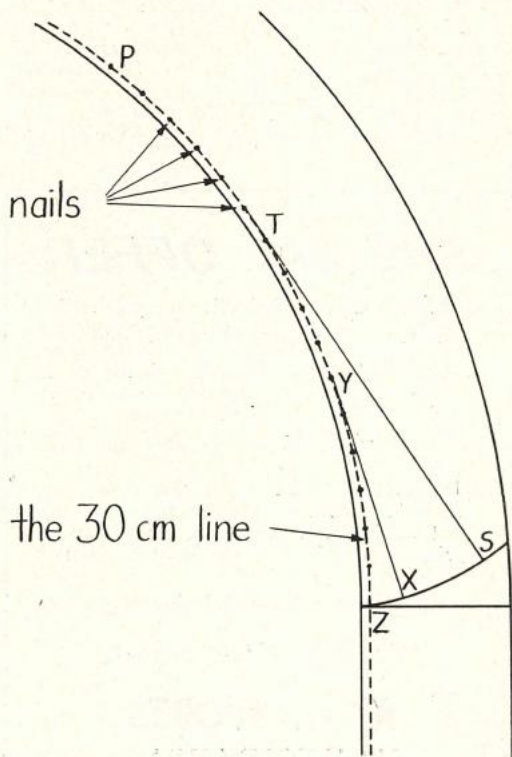


FIGURE 1

Method of marking a curved start line with nails and steel tape.

of this curved start line is a nasty mathematical problem.

However, there is a very simple recipe for constructing the right curve on the track using a steel tape and a number of 15cm nails. A nail is driven into the track at Z where the 30cm line crosses the finish line. Other nails are driven in suitably spaced along the 30cm line, as far as some point P which will be definitely round the bend for the outermost competitor when he is at his mark on the eventual curved start line. If the nails are placed about half a metre apart, or even a metre apart, it should be quite satisfactory. The loop at the zero end of the steel tape is then placed over the nail at P and the tape is then placed along the 30cm line, close to the nails and under suitable tension. The reading on the tape at the nail at Z is noted. A fine nail is now held against this reading to scratch the curve on the track as the tape is swung out under constant tension, peeling away from the nails further and further round the bend as it does so.

The principle of this method is illustrated by a diagram in IAAF Rule 162 which is reproduced as an inset on Drawing number 15b (AAA Rules p.86). Drawing number 15b also gives the distances from the finish line at which the curve intersects the lines marking lanes on a standard track. These distances are 0.25m, 0.80m, 1.30m, 2.00m, 2.70m, 3.50m, and 4.30m for the seven lines need to separate the lanes of an eight-lane track. It is not made clear whether these distances should be measured straight, along chords, or along the curved lane lines, but since they seem to be approximate, being all round numbers—this would not appear to make much difference. In fact it is probable that the distances are meant to be measured along the 20cm "runner's path" lines adjacent to each lane line, in which case the intersections with the lane lines will be at points approximately 0.20m, 0.70m, 1.20m, 1.90m, 2.60m, 3.40m, and 4.20m forward from the finish line. Since it is very much easier to take such measurements along the lane lines, all measurements of Set-forward distances quoted in this article were made along lane lines. Note, in particular, the distance 3.40m for the sixth line, for comparison with similar distances for curved starts at certain other points on the track.

Drawing number 15b has a caption near to the 800m start line which can easily be misinterpreted. It reads: "Curved start applicable to all races of 800m and upwards." There is no doubt that some people believe that these same set-forward distances apply to all curved starts, *but this is not so*. They do apply to such races as the 800m (if not started in lanes), 3000m, 5000m, and 10,000m, which all start at the beginning of a bend on a standard 400m track. They will also apply to any other strange distance which might start somewhere else on a bend provided it is still possible for the outermost runner to run along a tangent to the 30cm line on the same bend. For example, they will apply to the start for the 1500m steeplechase—the new distance as from 1st April 1973 for the Youth Steeplechase (see 'AW', December 30th 1972, p.5). This race will start, on a standard track, about three-quarters of the way round the

semi-circle from the normal 400m start. At this position even the outermost runner can follow a tangent to the 30cm line and reach it before the end of the bend. But the distances quoted on drawing number 15b do not apply for races starting at other points. The 1500m race starts near the end of a bend, but all except the innermost two or three runners can take a straight line for the far end of the back straight. A correct curved start can be marked using nails and a steel tape, provided the tape is about 100m long, or more, with the point P some 20m round the far bend and with nails on the 30cm line on the curved parts at both ends of the back straight. This curve is a very different shape from that for the 800m start, but it still shows noticeable curvature in the outer lanes (see photograph A).



PHOTOGRAPH A

1500 METRES START

Note how little it deviates from the straight start line for the 100m lanes marked on the back straight of this track. Runners starting from inside positions (top of picture) are starting on a bend with distinctly curved start line.

It is worth noting that the runners drawing the inside two or three positions for a 1500m race are at some slight disadvantage, since they have to run the first few metres on a curve and are in danger of being crowded as they reach the straight. It might be fairer to use only that portion of the 1500m curved start which is in prolongation of the back straight, thus allowing all a straight run for the far end of the straight. If this suggestion were adopted it would be necessary to ensure that it would not be regarded as an infringement of the last few words of AAA Rule 111 (13) which say "No record at any distance exceeding 220 yards shall be accepted if made on a track exceeding 440 yards in perimeter or not starting on the perimeter." IAAF Rule 148 (g) expresses this same limitation.

Steeplechases all start at various irregular points, to allow for the loss of 6 metres per water-jump (on a standard 400m track) caused by the cut-in for the water-jump. As shown on drawing number 23b (page 91 of AAA Rules), the 1000mSC starts 12m back from the 200m start, the 2000mSC starts 24m back from the finish, and the 3000mSC

starts 42m back from the 200m start—almost exactly halfway along the back straight of a standard 400m track. The curved starts for all of these are best marked using the steel tape and nails method already described. For lack of a good opportunity to try out this method for a 2000mSC soon after my attention was drawn to the matter last year, I first carried out the same procedure at a scale where 2cm represented 1m on a large sheet of paper, using thread and pins. This was subject to slight error from possible stretching of the thread and variation of the angle at which the pencil point is held in the loop at the end of the thread, but such errors should not represent more than 0.2m, at most, on the track. The result was that the set-forward on line six from a line at right angles to the inner edge of the track was found to be about 1.20m, compared with 3.40m at the 800m start. A subsequent, somewhat hurried, attempt with nails and a Fibron tape—not done under the best conditions and with athletes training on the track—led to the measurements shown in Figure 2.

The scale-drawing experiment also showed that the properly drawn curve did not differ greatly from one obtained by drawing a circular arc of radius 24m centred on Z on the finish line. This is because the start is fairly well back from the beginning of the bend. This being so, it is possible to do a simple calculation, based on the "intersecting chords of a circle" theorem in geometry. The chords involved in this case are the 48m diameter of a 24m radius circle, and one of length twice 7.02m—the width of six lanes minus 30cm. This approximate calculation gives a set-forward distance, on the sixth line, of 1.05m. Similar approximate calculations give sixth line set-forward distances of about 2.25m for the 1000mSC and of only 0.60m for the 3000mSC. I have not troubled

to calculate or make measurements for the start of a 1 mile race on a 400m track. 1 mile is *exactly* 9.344m longer than 1600m, so the mile start is nearly as far from the finish line as the 1000mSC start is from the 200m start. One might expect a set-forward distance on the sixth line, for the mile, of about 2.50m. Certainly the figures given for the 800m start are not applicable to the mile start. *In order to ensure compliance with the "equal distance to finish" rule there is only one safe way, which is to use the steel tape and nails method.* There is, of course, no need to damage a "Tartan" track by driving long nails into it. Shorter nails may be driven into short lengths of floor board planks laid on the track with their ends against the raised inner edge. A felt pen might be found better than a nail for marking the curve initially on "Tartan" prior to painting.

Special arrangements are described in IAAF Rule 161,3 (c), (1971-72 Handbook) for competitors to run part of an 800m race in lanes, leaving them at the beginning of a straight as they cross a curved "break" line. This curve is a circular arc centred on a point 30cm inside the inner edge of the track at the far end of the straight. It is a very slight curve—the set-forward on line six being about 0.30m—and it gives an indication of the very slight curve needed for the outer part of a normal 1500m start, which is only a few metres away. The runners in this type of 800m race start from positions slightly in front of the normal 200m stagger, to compensate for the slight extra distances they have to run to reach the curved break line. These extra stagger distances are quoted in the IAAF Rule, calculated for a track with 80m straights, as follows: 0cm, 1cm, 3.5cm, 8.4cm, 14.5cm, 23.5cm, 33.5cm, and 44.5cm, for lanes 1 to 8.

IAAF Rule 161,3 (b) indicates the arrangements

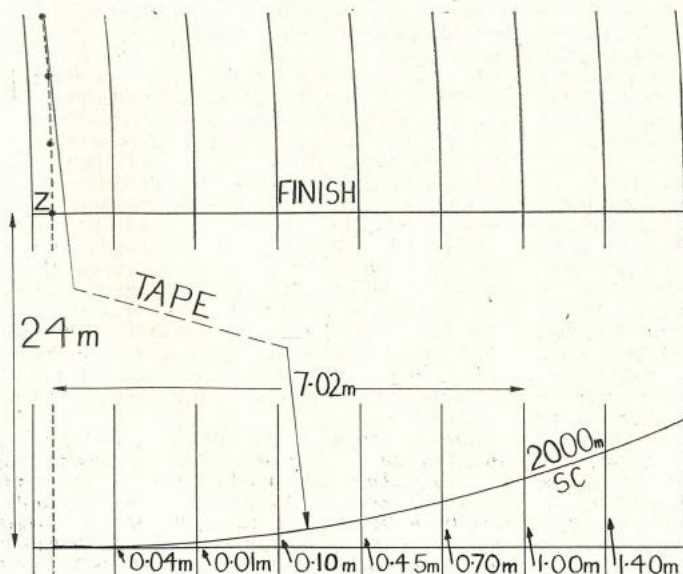
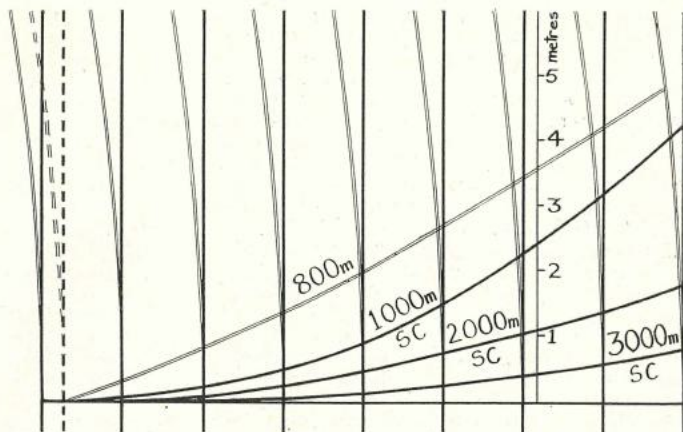


FIGURE 2

The shape of the curved start for the 2000 metres steeplechase.

FIGURE 3

Comparison of the shapes of various curved start lines. They are shown superimposed as though they were all at the same point on the track.

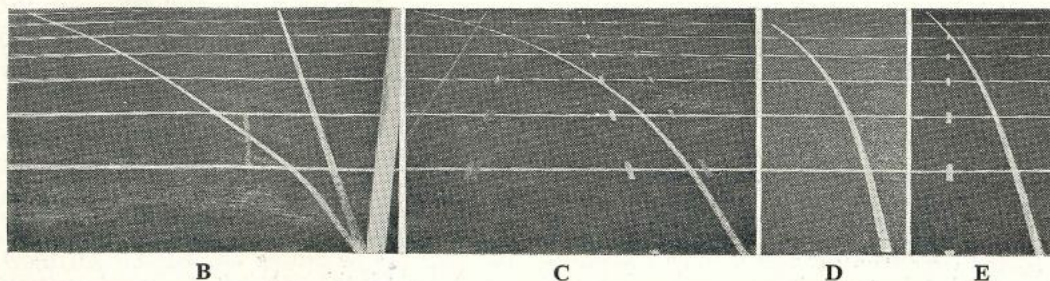


for the 4x400m relay when the first lap plus the first bend are run in lanes. The curved breaking line is the same as for the 800m. Because of the extra lap, the staggered starts are advanced by the normal 400m stagger distances from the positions of the 800m lane starts. The first take-over zones are marked 10m behind and beyond the 800m starts. Subsequent take-overs must be within 10m of the finish line. Acceleration outside a take-over zone is not permitted with stages longer than 200m. These staggered starts will be the subject of a further article, which will also discuss the effect of the new IAAF rule (from 1.5.73) under which two bends of an 800m race will be run in lanes.

The discussion so far has referred to the standard 400m track of drawing number 13b. For tracks of other shapes or other lengths of perimeter, the shapes of all curved starts, including that for the 800m, will differ slightly from those for a standard track. The differences may be very slight indeed in some cases, almost imperceptible perhaps. However, the one safe way of ensuring compliance with the rules is to use the steel tape and nails method.

Who is responsible for the correct marking of a track? Initially it is the responsibility of the stadium management, who will probably delegate it to the head groundsman. He is likely to have attended a course organised by the Institute of Groundsmanship or a similar body. For any

particular meeting the Clerk of the Course is responsible. AAA Rules, page 71, say "The Clerk of the Course Track must see that the course is correctly marked, . . . , the starts for each event correctly set out, . . .". Also, on page 70 we read "Track Judges and Umpires shall (i) see that the proper distance of each race is covered." However, this is probably more concerned with the full number of laps being run. Rule 111 (2) and (3), dealing with record applications, requires the Referee to satisfy himself and certify to the "correctness as to distance covered by competitors in the race." In view of Rule 60, which says "All questions concerning the start shall be in the absolute discretion of the Starter, whose decision shall be final," it would appear that the Starter also has an interest, if not a responsibility, in the correct marking of a curved start. Competitors, it seems, can only officially protest after the event is over. Rule 73 (a) says "Any protest or objection by a competitor . . . relating to any matter which may develop during the carrying out of the programme, shall be made to the Referee or Judges immediately after that competition." However, there would seem to be no harm in trying to draw the attention of officials to an apparently incorrectly marked start. If an 800m curve has been used for a 2000mSC start it is fairly obvious. Figure 3 provides a comparison of the shapes of the various curved start lines. It is based on



Comparison of curved start lines for 800 (B), 1000 SC (C), 2000 SC (D), 3000 SC (E)

measurements made from the markings on the new "Tartan" track at Hadley Playing Fields, Warley, Worcs., where the photographs were taken. The observant reader will note a mistake in photograph B where the curved start for the 800m bends away from the kerb causing a definite kink as it crosses the first lane line. It ought to leave the finish line 30cm from the kerb, at the point Z of figures 1 and 2. The management are aware that this needs correction. I am extremely grateful to Mr. P. J. McCarroll, Manager at Warley, for allowing me to make measurements and for obtaining permission from the County Borough of Warley for me to make use of the photographs.

Does it all matter very much, anyway? Well, if the 800m shape has been used for the 2000mSC start, a runner who starts out at the sixth lane line is being given a 2.5m "start"—a considerable help in his dash for the inside of the bend about 25m away! Of course, even if the track is perfectly marked to comply with Rule 59, the inside runners—except in the 1500m—have an advantage. They have only to run as fast as the others to be sure of a place on the bend. Those starting further out

must run faster than the inside men if they are to get on to the 30cm line without infringing Rule 67 (a): "Any competitor jostling, running across or obstructing another competitor so as to impede his progress shall be liable to disqualification." Even the former Olympic arrangement of running the first bend of an 800m race in lanes did not overcome this difficulty. As we have so often seen, it merely postponed the trouble to a point about 20m from the end of the back straight, where all the runners were at full speed and settled in their strides. The new IAAF Rule will have them running two bends in lanes. Would it be better to run a lap plus a bend in lanes, as for the 4x400m relay? One cannot be sure that the runners in a top-class event will be any better spaced after 580m than after 180m or 380m. It would be likely to change the nature of the 800m race from one where tactics matter for most of the race, with runners and spectators aware of the position throughout the race, to one where the staggers obscured the position for most of the race, leaving an athlete to rely on his own pacing to judge how he is doing. This might make the race less interesting for spectators.

A MICROCOSM OF COACHING ATTITUDES

Tom McNab reports on the Madrid Conference

THE sixth Conference of the International Track and Field Coaches Association in Madrid provided a microcosm of world coaching attitudes. On the one hand, there was the still almost totally empirical attitude of the American coaches, an empiricism now tinged with sub-Dysonian mechanics. On the other, there was the advanced applied research of Eastern Europe, typified by the paper given by the Russian Professor Osolin on the Fosbury Flop. At the same end of the scale, but further west, we had the erudite segmentation-analysis of shot put by the Israeli-American researcher Ariel. In the middle there was solid technical and conditioning material from such coaches as Baruch (Rumania), Ballesteros (Spain), and Spenke (East Germany).

Even, however, on this middle ground, the ground on which the majority of coaches feel most secure, there were two problems. One was the problem of translation of highly technical material into understandable English. Even as I write, I glance at a paper which could only have been written by an adolescent computer. The second is the tendency of practical coaches to become over-formal in the lecturing situation. This last problem was partially met in question and answer sessions where coaches were asked direct questions from the floor.

The two main themes of the Conference were the Fosbury Flop and Shot Put. Fosbury himself was at the Conference and leapt around two metres in an exhibition jump after a year's lay-off. He expressed incredulity at the analysis to which his trial and error Flop had been subjected by European coaches. "I never thought coaches anywhere analysed track in such detail," he said to me during

an informal chat. The final impression was that, although the Flop has been thoroughly scrutinised, particularly in Eastern Europe, no clear technical stereotype has yet emerged. For me, the most surprising nugget of information came from Fosbury himself. It was that Debbie Brill had developed her technique quite independently. Indeed, the 'Brill Bend' may pre-date the Flop!

What emerged most clearly in the paper of Popescu's coach, Baruch, and in a later demonstration by Popescu herself, is the emergence of specific Fosbury conditioning exercises. It is in this area of specific conditioning that Europe in general and Eastern Europe in particular are ahead. This is undoubtedly because in Eastern Europe there are many men whose only concern is the development of specific events, men from whom success is demanded. "When a man knows he is to die tomorrow, it concentrates his mind wonderfully," said Samuel Johnson. The lesson for British coaching is obvious.

The main technical point which came from the East German Spenke's paper on shot put was the use of a shorter putting base. Spenke made the point that a put with a release speed of 14 metres per second involves 2.5 m/sec in the shift and 11.5 m/sec from the throwing position. He therefore maintained that a rangy throwing position was critical to the put and that top priority should be given to the securing of this position. Loops of Briesenick showed that his right foot was indeed always short of the circle-centre. However, they also showed that Briesenick never managed to fully use his range by driving out over his left leg. I would doubt if this technique is of much value to any putter smaller than 6'2" (1.88m).



HARTMUT BRIESENICK
European shot put record holder

Tony Duffy

The rotational shot put technique is not new, having been used in the mid-1950's by the Czech Malek but the international-class distances achieved by Baryshnikov (USSR) stimulated the Hungarian coach Koltai to discuss it in an excellent paper which covered all aspects of shot technique. Koltai concluded that the speed of the 'shift' could be improved by the rotational technique, but only at the expense of a strong throwing position. The technique may, however, have some advantages at a lower level of performance, for instance in decathlon, where the athlete has to be content with modest levels of technique. Nick Phipps, one of the National Decathlon Squad, has recently achieved a personal best of 47' after only two sessions on the rotational technique.

Other less technical papers were given by the Italian Calvesi (hurdles) and the Greek Antal (sprints). Calvesi confirmed John Le Masurier's prediction at a previous conference that future 400 metre hurdlers would be required to be able to hurdle from either leg. He observed that there had been no technical changes in high hurdles and that Drut, if he stayed in high hurdling, and made technical improvements, could take the world record.

Antal, the coach of Papageorgopoulos, gave a comprehensive picture of the Greek sprinter's development from a sub 7 metre long jumper to a 10.0 second sprinter. Antal's lecture was backed by

a demonstration of sprint conditioning-drills by the Italian sprinter Mennea. This demonstration again showed the multitude of specific skill-drills and conditioning exercises which have been developed in Europe.

A major non-technical feature of the conference was the attendance of IAAF officers such as Adrian Paulen and John Holt. This marked the establishment of formal links between the Federation and the Coaches' Association. IAAF officers are anxious to form an international coaching network, the main priority being aid to developing countries. It was noted that this outward-looking approach by the Federation was in distinct contrast to the attitudes of many national governing bodies towards their professional coaches!

It is difficult to generalise from any conference. My overall impression was, however, that there is considerable unanimity, both in terms of technique and conditioning, in Eastern Europe, with the East Germans having an edge in flair and creativity. The college-based and college-biased American coaches lack (with a few distinguished exceptions) specialised knowledge and few show much interest in acquiring this knowledge. I see little likelihood of the American giant stirring from his slumber, though geniuses like Beamon and Oerter will continue to break through.

Britain, with six official coaches, provided one of the largest contingents and this is heartening. I look forward to the day when a major coaching conference is held in this country a conference which may possibly stimulate a British coaching renaissance.

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THE YEAR OF MARY PETERS

Cliff Temple reviews
the UK Women's
athletics scene in 1972

Mary Peters jumping at the 1973 National Indoor Championships.

Ed Lacey

THE name, of course, in 1972 was Mary Peters. Her victory in Munich, given the extra polish that only a very few Olympic champions produce even in their finest hour—a world record—has been written about and analysed so much in the past six months that there is scarcely anything to add.

But it was still a delight to all of us in the Olympic Stadium that this perpetually cheerful and sunny girl, from a city which is anything but should have succeeded where so many others have failed; that her hard work should be so well rewarded; and that everything should come right on the day for one of the nicest people in athletics.

And it has been a delight also to realise from her subsequent election as Sportswoman of the Year, BBC Sports Personality of the Year, and many other awards, that thousands upon thousands of people who normally take little interest in athletics should think so too.

But this is a general review, highlighting some of the other athletes who have stood out in their own events, or who have some cause to remember 1972. Athletics is a constantly changing scene, and some previous year starlets, like Sharon Colyear and Sandra Sutherland, were prevented by injury from fulfilling the promise shown in 1971. So here's a reminder of UK women's athletics in 1972:

Sprintwise, the story was almost one of negatives: who *didn't* do what in 1972. Injuries and ailments kept established names like Madeleine Cobb, Val Peat, Helen Golden and Margaret Critchley from producing their best, while Anita Neil's early-season training trip to the USA almost proved disastrous for her. Running well in warm California doesn't necessarily mean form can be repeated in the kind of cold, wet conditions that were experienced at the vital WAAA championships, against girls who are used to them. So Anita's early exit from the championships looked at the time like the end of her Munich hopes,

although in fact she recovered a shadow of her best form later, and went to the Olympics.

Della Pascoe enjoyed a solid season, winning the WAAA 100m and finishing 2nd in the 200m, but Sonia Lannaman (still only 16) and Andrea Lynch kept her on her toes in the short sprint, as did, less expectedly, Donna Murray and Judy Vernon in the 200. Donna was the sprint revelation of the season, with victories in the WAAA 200m and in matches against Finland and Greece, while Judy improved her 200m running out of all recognition. Margaret Critchley, dogged by injury, gave tantalising hints of brilliance and headed the rankings with windy marks of 11.3 and 23.3, but didn't get beyond the 2nd round of the 200m in Munich.

Over one lap there is still no logical successor to the late Lillian Board, and while Verona Bernard made more progress, gained more strength and experience, and dipped under 53 seconds for the first time (52.9) to claim the British number one spot. I still feel there is some as yet unexploited talent among the sprinters. Even Judy Vernon, whose 55.0 augurs well. Jannette Roscoe took nearly a second off her best during the season, and Janet Simpson made a remarkable comeback, despite difficult working conditions, but all found in Munich that we have dropped right away from the world standing since Lillian's day.

Rosemary Stirling, only the third UK girl in the WAAA championships, surprised nearly everyone, including herself, at Munich by reaching the 800m final, after Pat Cropper and Margaret Coomber had gone out in the first round. Rose may have been lucky to scrape in, as defending champion Madeline Jackson eased up too soon in the semi-final, but she ran the race of her life, with a UK record of 2:00.2 for seventh place.

Pat Cropper, heroine of so many gritty races for Britain, ended her international career with a string of sound performances, while Margaret virtually began hers with desperate luck: a per-



Verona Bernard winning indoor 400m title. She dipped under 53 sec in 1972.

Ed Lacey

sonal best of 2:03.0 didn't even see her through the heats at Munich, such was the ferocious standard. Also suffering an early fate in the Olympics was Ireland's Mary Tracey, and although she technically doesn't come within the bounds of this review, her running, including her WAAA victory, hinted to me a sub-2 minute performance in 1973. She is a speed runner gaining strength, not a strength runner trying to gain speed, and that really

sums up the way international 800m racing is going.

The 1500m as a women's event was taken into a new era at Munich: world-wise by Lyudmila Bragina, and UK-wise by Sheila Carey. Yet what an odd domestic story this was. Joyce Smith, whom many people thought would never have the speed for 1500m, was not only the first UK finisher in the WAAA championships, but also twice broke the national record in Munich (4:11.3 and 4:09.4). Joan Allison, always consistent and running so well at altitude before the Games, inexplicably fell apart in the Olympic heats. And Sheila Carey, tailed off last in the WAAA final and then given another chance in a run-off for the third vacant Munich spot, bounced back to become the British star of the Olympic final, and herself twice broke the UK record (4:07.4 and 4:04.8). Not getting a look in were Rita Ridley, prevented by injury from hitting peak form at the right time, and Norine Braithwaite, who survived a protest at the WAAA championships only to be pipped at the emotional and controversial Middlesbrough "sudden-death" run-off for an Olympic air ticket.

British hurdling seems to be in a no-man's land, because whereas the crushing 1-2 in the match against Finland looked splendid (especially as Judy Vernon set a UK record of 13.2 and finished a whole flight ahead of the Finns), the same level of performance is put firmly in its place when any Poles, East Germans or—as at the WAAA championships—a Pam Ryan appears. Things are improving (eight hurdlers under 14 seconds in 1972, as opposed to just two in 1971), but until someone dips regularly under 13 secs, then we haven't got a hurdler of world class. Judy is the nearest, with fellow pentathletes Ann Wilson and Mary Peters close behind, but if they can reach that level despite concentrating on four other events, then where are all the specialist hurdlers? Of these, evergreen Pat Pryce adapted well to the event in her comeback and reached 13.5, while Chris Bell still suffered from a nagging back injury, but also



Judy Vernon—the nearest we have got to a hurdler of world class, in Cliff Temple's opinion, on the way to victory in the Indoor Championships, with Pat Pryce on her right.

Mark Shearman

clocked a 13.5. Of the youngsters, Myra Nimmo has the makings.

You've got to hand it to Barbara Inkpen when it comes to high jumping. Some days it seems a struggle for her even to reach 1.60/5'3". On others the British record isn't safe. Luckily, she was in the latter mood at Munich—during the final (in the qualifying, she was struggling!). Her eventual fourth place, close to a medal, with a UK best of 1.85/6'0", was a tremendous achievement after she hadn't given too many indications since Helsinki that she could repeat her inspired jumping to order. (Later, she added another centimetre to the record.) At least she comes right for the really big ones, and how many athletes can say that?

Mary Peters' high jumping in Munich was every bit as exciting, of course, or perhaps even more so because at every clearance, with Rosendahl and Pollak eliminated, she was getting nearer and nearer to an unassailable lead. Mary had some good individual competitions during the year too, including finishing second to Rosaline Few (and beating Barbara) in the WAAA. Rosaline, although hit by injury in Munich, is one of a whole group of youngsters bubbling under world class, and the situation is perhaps more optimistic here than in any other field event, men or women.

Progress in the long jump was less spectacular. While two of the three 1968 Olympians, Sheila Sherwood and Maureen Chitty, made the Munich team, the third, Ann Wilson, only just missed out, which says much for their consistency, but progress was slight. In fact, Sheila Sherwood was unable to hit her best form all season. The third Munich Olympian, Ruth Martin-Jones, also had mixed joy. Dedicated, talented, but low on luck, she had improved her best considerably to a season-leading 6.54/21'5½" w, but was injured in Munich, and unable to qualify for the final, or even take part in the pentathlon.

Although visiting Australian Jean Roberts headed the rankings, Mary Peters was the top UK shot putter, despite limited outings; it's an event she doesn't really enjoy. Brenda Bedford, as so often, was next best, while Rosemary Payne broke new ground at the age of 39 with her 14.60/47' 10½", and Heather Stuart and Janis Kerr made progress too. After that, alas, there's a gap.

Jean Roberts' presence must also have helped Rosemary Payne in the discus, where she improved her UK record to 58.02/190'4", and distinguished herself by reaching the Olympic final, though we were all holding our breath on her last qualifying throw. Again Brenda Bedford was her consistent, reliable self, while Jackie Elsmore and Jose Frampton made progress. Janet Thompson was subdued, owing to injury, but still reached 44.72/146'9", while Gay Porter was never at her best.

The javelin was a much happier scene than last year, with Jean Randall improving most significantly from a pre-season best of 46.18/151'6" to 51.56/169'1", and Pru French taking her best to just two inches less. As neither were able to compete in Munich, let's hope both—and all the other promising throwers—get a chance to compete abroad in 1973 regularly. Jean has already been turning out in cross country races for Crawley AC this winter as part of her training! Angela King was near to her best too, while Sharon Corbett (48.00/157'6") and Anne Goodlad (46.70/153'2") hit new peaks. Anne Farquhar and Shara Spragg didn't, but were closer than last year, and part of an encouraging rise in overall standard, despite the disappearance of Averil Williams and Judy St Ange, and the injury to Jan Baker.

The pentathlon will inevitably receive a boost from Mary's triumph, which is probably just as well because after the top five, the standard drops away. Following Mary (4801) comes WAAA champion Ann Wilson (4433), runner-up Ruth Martin-Jones (4294) and Janet Honour (4161). Judy Vernon's best pentathlon was actually 3980, but she would have received 4131 for her busy afternoon at the Surrey individual championships in May; then a gap to the promising young Nnenna Njoku (3777) but she, remember, competed for Nigeria in Munich, so the next best Briton is Linda Robinson (3681).

Will the pentathlon change in content? Not immediately, of course, but if it does then I look to a girl from Wolverhampton as our brightest hope, with performances like 57.3 (400m), 5.65/18'6½" w (long jump), 43.06/141'3" (javelin) and, last month, an indoor high jump of 1.69/5'6½"—all at 16 years of age. As you think back over 1972, make a note of this name for 1973: Theresa Sanderson.

ANNUAL SUTTON ROAD RACES

(Under A.A.A. Laws)

SATURDAY, 17th MARCH, 1973

BOYS' 4 Kms. ROAD RACE, 2.30 p.m.

Plaques first 3 individuals, first 3 teams (4 to score). Team entry 25p, Individual 5p. Boys 14—U/16 on 1.9.72.

SENIOR 12 Kms. OPEN ROAD RACE, 3 p.m.

Prizes first 3 individuals to value £5, £3, £1. First 3 teams (4 to score). Veterans O/40 and O/50. Entries: Ind. 15p, Teams 30p.

All Entries, ind. and team, on AAA forms to P. R. Thomas, 439 Clock Face Road, Clock Face, St. Helens, Lancs. by March 3rd, 1973.

CRAWLEY ATHLETIC CLUB 36 MILE ROAD RELAY

(Under A.A.A. Laws)

SUNDAY, 11th MARCH, 1973, 12.30 p.m.

8 Stages. Course: Crawley A23 to Pyecombe, nr. Brighton, back through Burgess Hill to Crawley on B2063.

Prizes: First 3 teams, first 'B' team according to entry. Entries on AAA forms. Fees 80p per team.

Entries to C. Bravington, 32 Fairway, Copthorne, Sussex, by Wednesday, 28th February, 1973.

Spotlight on Jacky Lord**By Dave Cocksedge****WALKING HIS WAY TO THE TOP**

ON January 24th a slight, dark-haired young man impressed discerning spectators at the SCAA Open Meeting at Crystal Palace when he was narrowly edged into fourth place by Peter Selby in the 3km walk. His time of 13:19.6 took exactly 6 seconds off his personal best and beat the listed UK Junior record of 13:22.4. To the walking fraternity, who had long ago recognised the talent latent in Jacky Lord, it was just another record for this youngster from Edgware: he has been hailed as one of the most exciting things to happen to British walking for years. In 1972, he lowered the UK Junior 10km best to 46:37.6, and walked 15km in 1:13.41 passing 5 miles in 37.45, 6 miles in 44.59 and 7 miles in 53.47.

"I have always been interested in sport of all kinds," says Jacky, "and I used to compete in cross-country races at school, but I wasn't too good. Then one day our PE master, Mr Dee, asked a group of us if we would like to try race walking for the school. I was among them, and enjoyed it, so started training one day a week. I competed in the Highgate novice walks at Parliament Hill and there I met Bill Sutherland. He got me really keen,

and since then I've been training and racing every week."

Asked about his best performance, Jacky pauses: "Well, apart from seeing Bill gaining the bronze medal at Edinburgh in 1970 I think I was most pleased with my walk in the Southern 10km at Brighton on May 6th, 1971. I can't really remember much about the actual race, because it seemed as if it happened in a few seconds. Afterwards someone told me I'd set a new UK Junior best, and I could hardly believe it—it seemed so easy."

John James William Lord was born in Edgware, Middlesex, on March 2nd, 1955, stands 1.62/5'4" and weighs 47kg/105lb. A trainee technician with the GPO, he is a member of Highgate Harriers and is coached by Bill Sutherland. His progression at 3km walk: (1969) 15:21; (1970) 15:04; (1971) 13:37.0; (1972) 13:25.6; (1973) 13:19.6.

European Junior medal?

Jacky's immediate aim centres around the European Junior Championships this summer, where he is hoping for a medal of some sort in the 10km track walk. "All time I suppose I'd like to win a gold in the Olympics, and break as many records as I can." On coaching and training, he is forming firm ideas:—"I think coaching is important to a young athlete and it's helped me a lot, I must say. When I first started I didn't know the first thing about training, but Bill started me working at it once a week and he's slowly increased my work-out in distance and time. Now we both agree that I should know enough now to be able to work out my own training, and so Bill just steps in and puts me right when he sees I'm overdoing it."

At this time of year, Jacky walks 35-40km at easy pace on Sundays; has a game of basketball and does weights on a Monday; walks 15km fast on the road on Tuesday; 10km on Wednesday; another 15km on Thursday; rests up on a Friday, and competes on Saturdays ("If I'm not racing, I walk a steady 10km"). His summer schedule: Sunday: 25-30km on road; Monday: 10-15km road; Tuesday: Run 10km and circuit training; Wednesday: 10km even pace (road); Thursday: interval work on track; Friday: rest; Saturday: 15km or race. "I vary this schedule, of course, when I'm peaking for an important event," he says.

"I would like to see more Junior International matches, particularly in preparation for events like the European Junior Championships. Our Junior walkers have not had an international match for something like two years now, so how can they get any sort of experience of that sort of major competition? It's time this was changed."

**JACKY LORD**

J. Regan

Dave Cocksedge's new midweek address is 7 Cobham Close, Strood, Rochester, Kent.

Return of East Germans to Cosford

TODAY'S indoor match between teams from the UK and GDR (East Germany) at RAF Cosford is the third such encounter. At Cosford in 1970 the visitors won 73½-54½ (men) and 56-39 (women); while in Berlin the following season the GDR won 76-52 (men) and 54-41 (women). Once again the East Germans seem certain to assert their all-round superiority and perhaps the best the British teams can hope to strive for is to keep the deficit down to 20-25 points in the men's match and 10-15 in the women's.

The East German team had not been announced as we went to press but among several intriguing personal clashes it is anticipated that Barbara Inkpen (1.86/6'1½" in her previous Cosford appearance) will face Rosemarie Witschas, indoor record holder at 1.91/6'3¼", and that Ian Stewart and Brendan Foster will be opposed in the 3000m by former European 10,000m champion Jurgen Haase, who has clocked 7:52.8 this winter. Best of the men's field events could be the shot, where Geoff Capes and Mike Winch take on some mighty opposition.

Stop Press: Stewart & Foster withdraw; Dave Bedford runs 3000.

The match, sponsored by Philips, starts at 1 p.m.

THE UK TEAM

(With best indoor marks this winter)

60m: Brian Green 6.6, Barrie Kelly 6.9. **400:** Jim Aukett 47.9, Colin O'Neill 48.6. **800:** Colin Cusick 1:51.9, Alan Gibson 1:52.0. **1500:** Jim McGuinness 3:50.6, Ray Smedley 1:52.3, 800/8:09.0 3000. **3000:** Ian Stewart 7:58.0/8:28.4 2M, Brendan Foster 8:38.6 2M. **60H:** Alan Pascoe 8.0, Graham Gower 8.0. **HJ:** Peter Lance 1.98/6'6", Colin Boreham 1.93/6'4". **PV:** Brian Hooper 4.80/15'9", Mike Bull 4.70/15'5". **LJ:** Alan Lerwill 7.63/25'0¼", Phil Scott 7.53/24'8½". **TJ:** Andy

Vincent 15.44/50'8", Chris Colman 15.40/50'6¼". **SP:** Geoff Capes 19.60/64'3¼", Mike Winch 18.67/61'3". **4 x 200:** from John Wilson, Glen Cohen, Don Halliday, Ian Saunders, Roger Walters, Brian Green. **4 x 400:** from Jim Aukett, Colin O'Neill, John Wilson, Glen Cohen, Ian Saunders, Alan Pascoe, Wynford Leyshon.

Women

60m: Sonia Lannaman 7.3, Andrea Lynch 7.4. **400:** Verona Bernard 54.6, Ruth Kennedy 55.9. **800:** Norine Braithwaite 2:09.4, Gloria O'Leary 2:11.7. **1500:** Jean Lochhead 4:22.9, Mary Stewart 4:26.4. **60H:** Judy Vernon 8.5, Pat Pryce 8.7. **HJ:** Barbara Inkpen 1.86/6'1½", Mary Peters 1.74/5'8½". **LJ:** Ann Wilson 6.04/19'9¼", Barbara-Anne Barrett 6.02/19'9". **SP:** Brenda Bedford 14.59/47'10½", Heather Stuart 14.46/47'5¼". **4 x 200:** from Judy Vernon, Andrea Lynch, Sonia Lannaman, Verona Bernard, Della Pascoe, Jannette Roscoe.

LEADING EAST GERMAN INDOOR PERFORMERS 1973

50m: Manfred Kokot 5.5, Hans-Joachim Kropp 5.6, Hans-Joachim Zenk 5.6. **400:** Wolfgang Gutschmidt 47.6, Benno Stops 48.7. **800:** Dieter Fromm 1:50.4, Erwin Gohlke 1:51.2. **1500:** Klaus-Peter Justus 4:02.3. **3000:** Jurgen Haase 7:52.8, Gert Eisenberg 7:54.2. **50H:** Thomas Munkelt 6.5, Raimund Bethge 6.6. . . . Frank Siebeck 6.7. **HJ:** Stefan Junge 2.20/7'2¼", Edgar Kirst 2.15/7'0¼". **PV:** Wolfgang Reinhardt 5.15/16'10¼". **LJ:** Max Klaus 7.88/25'10¼", Lutz Gawlik 7.75/25'5¼". **TJ:** Hans-Gunter Schenk 15.61/51'2¼". **SP:** Gerd Lochmann 19.80/64'11½", Hartmut Briesenick 18.46/60'6¼".

Women

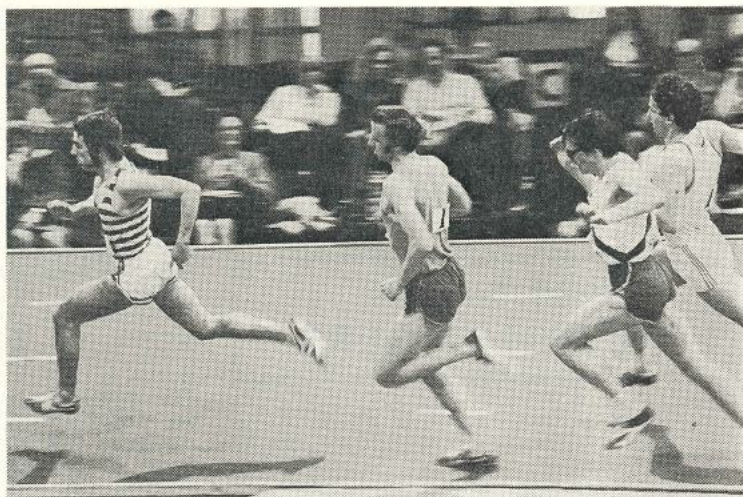
50m: Elke Hahmann 6.1, Doris Selmigkeit 6.2, Petra Kandarr (née Vogt) 6.2. **400:** Waltraud



Barbara Inkpen in the act of clearing 1.86/6'1½" for a UK indoor best at the recent National Championships—only two inches below the world's best.

Mark Shearman

Alan Gibson setting the pace in the National Indoor 800m championship, which he won from Colin Cusick—here running second.



Mark Shearman

Dietsch 54.6, Jutta Morig 55.5. **800:** Maritta Politz 2:06.2, Elfi Rost 2:08.5. **1500:** Martina Muck 4:24.0, Heidrun Schroder 4:27.0. **50H:** Annelie Ehrhardt 6.7, Angela Schmalfeld 7.1. **HJ:** Rosemarie Witschas 1.91/6'3½", Rita Kirst (née Schmidt), Rita Gildemeister & Sylvia Kandziora 1.80/5'10½". **LJ:** Kristina Albertus 6.34/20'9½", Angela Schmalfeld 6.29/20'7½". **SP:** Gabriele Greiner 17.02/55'10½", Maritta Lange 16.84/55'3". (Full report and results of the meeting will appear in next week's "AW").

SOUTH OF THAMES SENIOR TEAM RACE Amended Results

Medway runners Richard Newble (3rd) and John Simmons (20th) were ineligible due to their placings in the Northern and Midland Championships a few years ago. This is the amended team result: 1, Cardiff (2,9,12,17,30,38) 98; 2, Aldershot, Farnham & Dist. (1,6,11,29,42,43) 132; 3, Belgrave (3,27,39,44,47,66) 226; 4, Portsmouth 239; 5, SLH 302; 6, Croydon 336; 7, Medway 340; 8, Blackheath 428; 9, Ranelagh 505; 10, Horsham BS 571; 11, Bristol 604; 12, Met. Police 621; 13,

Reading 680; 14, Thames H&H 698; 15, Swindon 708; 16, Cambridge H. 754; 17, Invicta 780; 18, Southampton & NE. 791; 19, Herne Hill H. 815; 20, Windsor, S&E 840; 21, Maidenhead 894; 22, Hercules Wimbledon 948; 23, Epsom & Ewell 970; 24, Royal Navy (South) 1002; 25, Kent AC 1010; 26, Crawley 1023; 27, Bracknell 1401; 28, Dartford 1577. (Scoring 12) 1, Aldershot 953; 2, Portsmouth 1053; 3, Belgrave 1271; 4, Blackheath 1539; 5, Epsom & Ewell 2457; 6, Crawley 2562.

JUDY VERNON RUNS 8.5 THRICE

In the third organised women's 60m hurdles training competition races organised by SCAAA Staff Coach George Stratford at Crystal Palace last Saturday, Judy Vernon displayed remarkable consistency. In beating Ann Wilson twice she clocked 8.5 and also ran 8.5 again with Pat Pryce and Myra Nimmo both clocking 8.7. Ann Wilson returned 8.6 in the two races she contested. The fourth and final session of these competitive training events will be held at Crystal Palace indoor area on March 10th, commencing at 11.00 a.m.

CAMBERLEY & DISTRICT A.C. MEN'S ANNUAL

Cross-Country Meeting

CHOBHAM COMMON (Nr. Woking)

SUNDAY, 11th MARCH, 1973

Changing accommodation at Chobham Youth Centre

COLTS 1½M. approx. BOYS 1½M approx.
YOUTHS 2½M. approx. SENIORS 5M. approx.

Medals for first 3 teams and fastest individual lap in all age groups.

Fees: 40p per team (4 to run, 3 to score);
Individuals 15p.

Entries to Mr. D. Hall, 2 Lorraine Road, Camberley, Surrey.

ENTRIES CLOSE MARCH 3rd

FOURTH ANNUAL

Rossendale Shields Races

FOR GIRLS AND LADIES

SATURDAY, MARCH 10th, at 2.0 p.m.

GIRLS 2,000m approx.

JUNR. LADIES 2,500m approx.

INTER LADIES 3,600m approx.

SENIOR LADIES 5,000m approx.

Shields for all events. Grand Aggregate Shield. Prizes first 3 Ind. Medals first 3 Teams. Free certificates for all competitors. Entry Fee 10p, no team fee. Entries by March 2nd to Mrs. M. Nuttall, 59 Grasmere Road, Haslingden, Rossendale, Lancs.

Tough Course for Women's 'National'

"A TOUGH Northern course, very suitable for spikes" is how local organising secretary Neil Nuttall describes the setting for next week's National Women's Cross Country Championships at Rawtenstall, Lancashire. "Basically, it is a steady climb to the highest point of the course, halfway round, followed by a long descent," he says.

Cliff Temple's CLIFFHANGERS

The races start and finish at the Marl Pits Playing Fields, and Neil describes the large lap (2490m) as follows:

"The start is from pens, across rugby and football fields (which could be muddy) for 350m, then the runners swing left and down a slight slope into farmers' fields. There is good grass underfoot. Then they cross a grassy bridge, and swing right to run by the side of a fence and stream. After 400m of this, they turn left up a short steep hill, then descend to a 30m patch of rough, almost plough, before swinging right for 200m of level grass.

"Then comes the toughest part of the course. They swing left for a very steep uphill climb of 100m to the highest point. Then they descend again down rough pasture, to re-cross the grassy bridge. They cross a road (sand and mats will be laid down) before swinging round the outside of the running track for the final 100m approach to the finish across grass, and slightly uphill.

"If there has been a lot of rain, the playing field area particularly could get very heavy. Ninety per cent of the course is visible to spectators

from the playing fields. The course will be flagged and marked on both sides, with marshals wearing orange over-jackets stationed at all important turns."

Details on the individual races:

Girls: One large lap (2490m). 330 entries. Starting time 1.45 p.m.

Juniors: One large lap (2490m). 360 entries. Starting time: 2.10 p.m.

Intermediates: One large and one small lap (3800m). 180 entries. Starting time: 2.40 p.m.

Seniors: Two large laps (5200m). 230 entries. Starting time 3.10 p.m.

The course is at Marl Pits Sports Centre, Newchurch Road, Rawtenstall, Rossendale, Lancashire. The changing rooms are at Fearn's County Secondary School, about 1½ miles away from the course. Access by public transport is rather difficult, but buses do run from Rawtenstall Town Centre. Prize giving is timed for 5 p.m., in the Sports Hall at Fearn's School.

There will be no parking for motor coaches at Fearn's School. As they arrive they will drop their passengers and park at the coach park, about 600m away. Parking at Fearn's School should be adequate for cars. Parking for official cars is provided at the course, and for spectators about 200m from the course.

Transport from the school to the course and back will be provided for athletes by means of free double-decker buses. There is a fleet of four 70-seaters, which will run a shuttle service during the afternoon. Although the distance is joggable, there is quite a stiff climb involved, and it is suggested that competitors make use of the free transport. This is timed as follows:

Buses leave school		Arrive course
4	at 12.50 p.m. (Girls)	1.00 p.m.
4	at 1.15 p.m. (Juniors)	1.25 p.m.
4	at 1.40 p.m. (Inters)	1.50 p.m.



Christina Boxer running in the Southern intermediate championship, which she won.

Peter Tempest

2-4 at 2.05 p.m. (Seniors) 2.15 p.m.

This means that competitors will arrive at the course $\frac{1}{4}$ to 1 hour before their races to enable them to warm up. Return journeys are provisionally timed as follows, but will only leave when full:

Buses leave course	Arrive school
2.35 p.m.	2.45 p.m.
3.00 p.m.	3.10 p.m.
3.25 p.m.	3.35 p.m.
3.50 p.m.	4.00 p.m.

Refreshments will be on sale at the school from mid-afternoon, and hot drinks etc. will be on sale at the course from 1 p.m.

Results will be worked out by two teams based at the school, and it is hoped to have them issued on printed sheets by 5 p.m. These will only be on sale at the school.

Finally, there is a reminder from Rossendale AC that the course is being used by kind permission of local farmers, and the organisers appeal to competitors and spectators to respect this fact, and not climb over walls or push through hedges. This, of course, applies to any race anywhere, but with a total entry of 1100 athletes, and their attendant followers, is especially worth remembering here.

(Acknowledgments to Neil Nuttall)

"PRESTIGE" CROSS COUNTRY RELAYS

At Morden Park, February 3rd

1, Shaftesbury (K. Fletcher 11.51, R. Samuel 10.55, H. Richards 10.55, G. Arnell 11.37) 45.18.
2, Brighton & Hove (G. Cooper 11.33, P. Witcomb 11.18, P. Bennett 11.24, S. Hurley 11.43) 45.58.

3, South London (S. Southall 11.58, P. Williams 11.17, J. Roberts 10.46, S. Ryan 12.03) 46.04.
4, Mitcham 46.10; 5, Belgrave 47.36; 6, Hadleigh Oly. 48.10; 7, Croydon 48.13; 8, Mitcham 'B' 50.13; 9, Brighton & Hove 'B' 50.42.

Fastest (2M): J. Roberts 10.46, G. North 10.47, Samuel 10.55, Richards 10.55, M. Fromant (Mit) 11.04, A. Finn (Croy) 11.11, T. Hart (Bel) 11.16.

The new address of Mrs. M. A. Smith, hon. secretary of Middlesex County WAAA, is 78 Marshalswick Lane, St. Albans, Herts (Tel: St Albans 57549).

WATFORD HARRIERS

Fourth Annual Road Race

WATFORD "6"

(Under A.A.A. Laws)

SATURDAY, 31st MARCH, at 3 p.m.
FROM WATFORD COLLEGE OF TECHNOLOGY

Hampstead Road, Watford

Awards: Prizes first 4 Ind., first 3 Teams (3 to count), 1st Veteran, first Vet. team. Winning team to hold the Watford "Six" Challenge Trophy for one year.

Entries: Individuals 20p entry fee (all competitors must enter as individuals); Teams 25p (4 run, 3 score) to R. D. Sorrell (Race Secretary), 121 Woodland Drive, Watford, Herts. (Tel: Watford 31169) by 20th March.

ESSEX LEAGUE

At Leigh-on-Sea, December 2nd

1, S. Purkis (Thurr) 27.21; 2, T. Salway (Chelms) 27.30; 3, M. Weeks (Chelms) 27.36; 4, S. Ward (Thurr) 28.21; 5, C. Reed (Had. O) 28.31; 6, D. Smith (Had. O) 28.34; 7, P. Watts (S'end) 28.44; 8, R. Thurston (Hav) 29.01; 9, A. Banks (Bas) 29.23; 10, I. Pearce (Hav) 29.38.
Teams: 1, Hadleigh Oly. 59; 2, Havering 100; 3, Chelmsford 107; 4, Colchester 114; 5, Southend 143; 6, Basildon 184. (**Youths/Boys**) 1, M. Brewer (Chelms) 13.10; 2, R. Charleston (Chelms) 13.20; 3, J. Davy (Ipswich) 13.26; 4, T. Derby (Thurr) 13.30; 5, S. Hayes (Ex. B) 13.36; 6, C. Kirwan (Chelm) 13.44. Teams: 1, Chelmsford 18; 2, Essex Bgls. 41; 3, Thurrock 54. (**Colts**) 1, S. Sadler (Bas) 14.44; 2, M. Carruthers (Ex. B) 14.50; 3, S. Rymill (Had. O) 14.54; 4, N. Cook (Bury SE) 15.02; 5, G. Watling (Ex. B) 15.06; 6, S. Richardson (Bury SE) 15.07. Teams: 1, Bury St. Edmunds 28; 2, Essex Bgls. 32; 3, Basildon 48. (**Women**) 1, P. Jones (Ilford) 16.48; 2, J. Church (Thurr) 16.51; 3, S. Webb (Had. O) 16.57; 4, D. Churchill (S'end) 17.33. Teams: 1, Ilford 19; 2, Southend 20; 3, Thurrock 24. (**Inters**) 1, M. Wilcox (Chelms) 13.43; 2, M. Frisby (Had. O) 13.58; 3, S. Ansett (Dart) 14.18; 4, J. Bradd (Chelm) 14.47; 5, I. Peaty (Ips) 14.57; 6, S. Elliott (Chelms) 15.05. Teams: 1, Chelmsford 21; 2, Hadleigh O. 37; 3, Dartford 42. (**Junior Girls**) 1, M. Stewart (Ilf) 8.51; 2, E. Knott (Ips) 8.55; 3, K. Perry (Bas) 9.01; 4, J. Sadler (Bas) 9.03. Teams: 1, Chelmsford 30; 2, Basildon 38; 3, Southend 53. (**Girls**) 1, L. Hargent (Ex. B) 9.47; 2, A. Rothwell (Col) 10.00; 3, B. Keep (Ex. B) 10.09. Teams: 1, Essex Bgls. 32; 2, Colchester 49; 3, Chelmsford 50. (Results received 6 weeks late).

WATERLOO FESTIVAL

After further discussions the committee of Waterloo Harriers has decided it would be impossible to hold the Festival of Road Racing in April as previously considered. The school used for changing is undergoing construction changes and the course is dotted with roadworks. As the school and course will be back to normal in the mid-summer the committee is considering its normal dates for the next promotion: provisionally November 10th, 14th and 17th.

WOKING ATHLETIC CLUB

Third Annual Open

WOKING 10 MILES ROAD RACE

(Under A.A.A. Laws)

SATURDAY, 24th FEBRUARY, at 3 p.m.

Starting from Woking AC Ground,
Sheerwater, Woking

Trophies: 1st Ind., 1st Team (4 run, 3 score), 1st Veteran over 45 years.

Prizes: 1st, 2nd, 3rd Ind., 1st Veteran over 40 years, 1st, 2nd, 3rd Teams.

R.R.C. Standards apply. Accurate distance. Course record 48.17.

Entries: 20p ind., no team fee, to Ron Allen, 26 Cornwall Ave., Byfleet, Surrey (Byfleet 49307) by Feb. 17th. S.A.E. for results.

Northern CC Championships

At Blackpool, February 10th

A Reminder from Bill Robinson

BILL ROBINSON of Gateshead—almost but not quite forgotten since his second place in the 'National' last year—gave a reminder that there are some "canny lads" in the North East. He won the Northern Cross-Country title on Blackpool's Agricultural Show Ground last Saturday by one of the largest margins for many years. It left one wondering why he was good enough for only one of the ECCU plum weekend excursions over the past twelve months. Robinson felt rather hurt that a 13th place in the inter-counties race was unlucky for some. The Gateshead runner again missed the distribution for an international race.

Perhaps, with this in mind, he was determined to make his presence felt. After Jimmy Alder and Dennis Coates (the Middlesbrough junior just one day short of his 19th birthday, making his first senior appearance) had a spell in the lead, Robinson took over.

He put everybody in their place. From the first to the ninth mile Robinson skimmed over the mud. His coach Nichol Hunter, who trained John Anderson, the last "Geordie" to win the title eleven years ago, had no doubt at the half way stage.

Robinson was chopping his stride, and Alan Blinston with young Steve Kenyon came within thirty yards. The Gateshead athlete remembered his mission and whipped up the pace. It was too much for Blinston, but Kenyon with the incentive of leading Bolton to the fifth successive team title pressed on. He, like the rest of the Bolton runners, had to, with Airedale hounding them for the title. The Yorkshire side managed to pack their six finishers before Bolton—as they did last year—but lost on the tally. They are a young team improving every season and have a splendid leader in John Temperton. Age is not on Bolton's side but pride carries them forward.

It might not be enough in the 'National'. Gateshead, who had the misfortune to lose Brian Baggeley in the first mile when he fell and broke his ankle, still pulled off a third place. They still have Brendan Foster and John Caine to come in for the premier race and this combination should not be far behind Shettleston and Tipton.

Individually John Kirkbride could also cause a surprise. The Olympic 1500m runner easily mastered the heavy course and was the fastest finisher in the field.

Joe Lancaster

1. W. Robinson (Gateshead) 47.01
2. S. Kenyon (Bolton) 47.25
3. A. Blinston (Altrincham) 47.41
4. J. Kirkbride (B'pool) 47.44; 5. M. Freary (Bolton) 47.47; 6. D. Coates (Midd) 47.54; 7. J. Alder (Morpeth) 47.59; 8. J. Temperton (Airedale) 48.01; 9. M. Turner (Liv. H) 48.04; 10. P. Morris

(B'pool) 48.12; 11. R. Hill (Bolton) 48.18; 12. A. Dewhurst (Airedale) 48.20; 13. C. Spedding (Gates) 48.21; 14. J. Myatt (Wirral) 48.36; 15. P. Waddington (Liv. H) 48.45; 16. E. Haslam (Bolton) 48.57; 17. D. Farmer (Sale) 49.02; 18. S. Edmunds (Sale) 49.03; 19. J. McLoughlin (Sutton) 49.04; 20. J. Norman (Alt) 49.09; 21. D. Brennan (Warr) 49.10; 22. P. Braithwaite (Bing) 49.11; 23. R. Wilde (M&D) 49.15; 24. J. Trainor (Gates) 49.19; 25. J. Fox (Airedale) 49.21; 26. J. Calvert (B'urn) 49.28; 27. L. Dunn (Gates) 49.32; 28. D. Pratt (Sutton) 49.33; 29. N. Ward (Bolton) 49.35; 30. C. Leigh (Liv. H) 49.38; 31. F. Davies (Liv. H) 49.39; 32. R. Harrison (ASV) 49.46; 33. J. Robertshaw (Sale) 49.47; 34. M. Coleby (Darlington) 49.48; 35. P. Parker (Gates) 49.56; 36. A. Watson (Sale) 50.00; 37. E. Crossland (Holmfirth) 50.07; 38. D. Nicholl (Leeds) 50.10; 39. C. Taylor (ASV) 50.14; 40. D. Mayho (ASV) 50.17; 41. D. Blakeley (M&D) 50.19; 42. P. Berry (E. Ches) 50.20; 43. N. Carrington (Sale) 50.23; 44. R. Belk (ASV) 50.25; 45. D. Davies (Sale) 50.26; 46. W. Yale (Bolt) 50.31; 47. K. O'Toole (Pembroke) 50.32; 48. R. Brown (Pemb) 50.40; 49. M. Murphy (Salford) 50.42; 50. I. Wainwright (Sheff) 50.43;

51. P. Ravald (M&D) 50.47; 52. D. Lindsay (Wirral) 50.54; 53. S. Breckell (B'urn) 50.55; 54. A. Charnley (Roth) 50.56; 55. D. Slater (Sky) 50.58; 56. P. Carey (Liv. H) 50.59; 57. R. Gregory (M&D) 51.05; 58. D. Cliffe (Holm) 51.06; 59. D. Cockburn (Sale) 51.08; 60. W. Cooper (M&D) 51.09; 61. P. Pape (ASV) 51.11; 62. B. Mullarkey (Roth) 51.12; 63. M. Lambert (Bing) 51.13; 64. T. Flory (M&C) 51.14; 65. S. Curran (Salford) 51.15; 66. A. Farrell (Liv) 51.16; 67. C. Johnson (Sutton) 51.17; 68. D. Wright (Jarrow) 51.22; 69. F. Pendlebury (Man. YMCA) 51.22; 70. R. Harrison (Liv) 51.23; 71. A. Childs (Wake) 51.25; 72. A. Leitch (Gates) 51.32; 73. J. Hillen (S'well) 51.33; 74. D. Watson (Wirral) 51.35; 75. K. Mayor (Bolton) 51.37; 76. B. Renshall (Pemb) 51.43; 77. B. Cordes (Morpeth) 51.45; 78. M. Bateman (Mor) 51.48; 79. P. Rawnsley (Sheff) 51.49; 80. S. James (Sutton) 51.50; 81. P. Lynch (B'urn) 51.51; 82. H. Walker (B'urn) 51.53; 83. K. Peers (Leigh) 51.53; 84. D. Jones (B'pool) 51.53; 85. D. Anderson (Bing) 51.58; 86. M. Delaney (Sale) 51.59; 87. J. Newsome (Wake) 52.00; 88. D. Prudham (Gates) 52.01; 89. E. Toogood (B'urn) 52.03; 90. B. Baistow (Clayton) 52.04; 91. D. Hopkinson (Bolton) 52.05; 92. M. Seddon (Holm) 52.08; 93. Gue (H'ogate) 52.16; 94. G. Lawson (M&D) 52.18; 95. B. Hilton (Leeds) 52.22; 96. J. Alcock (Wirral) 52.22; 97. B. Goulden (Sale) 52.25; 98. P. Livesey (Clayton) 52.28; 99. L. Carroll (Wirral) 52.34; 100. P. Lennon (W'loo) 52.37.

Scottish Women's Championships**At Edinburgh, February 10th****COMPLETELY NEW SET OF CHAMPIONS**

ALL the holders lost their titles in the Scottish Women's Cross-Country Championships, held on firm, undulating grassland surrounding the Heriot-Watt University Playing Fields, Edinburgh, last Saturday. First to fall, in bright winter sunshine, with snow covering the nearby Pentland Hills, was Kerry Williams, but inevitably her conquerors were from her own amazing Pitreavie club; in fact, Pitreavie girls occupied the first five places in the Girls race. In the Junior race, Anne Cherry was bidding for her third title in a row, but could not shake off Penny Gunstone, who finally broke the 'Fauldhouse Flyer' in the run-in to win by four seconds. Anne revealed afterwards that she had only resumed training five days before the championship after ten days lay-off with 'flu. Mary Stewart did not appear to defend her Intermediate title, thus robbing the meeting of its expected highlight—the clash of Mary and bang-on-form Moira O'Boyle. In the absence of her most formidable rival, Moira beat another Anglo Scot, Shiela Barrass, by over a minute.

In the senior race, Christine Haskett—now training in social science in England and entered from Stretford AC—broke away from holder Margaret Coomber and Ann Barrass in the last quarter of the race to win impressively by nearly half-a-minute. With Mary Chambers fourth, Palm Gunstone—top of the domestic scene all season—was the first home Scot in fifth position. Dale Greig, with eyes on the Boston Marathon in

April, was happy with her finishing position in the first dozen.

A feature of the championships was the family participation. Penny Gunstone, shock Junior champion, is sister-in-law to Palm Gunstone; Moira O'Boyle is daughter of Noreen, an astounding thirteenth in the senior event, and there were **three** Barrass girls from Aldershot—Sheila, second in the Intermediate; Ann, third in the Senior; and Jean, seventh in the Junior.

Seniors

1, C. Haskett (Stret) 22.53; 2, M. Coomber (Camb H) 23.24; 3, A. Barrass (AFD) 23.34; 4, M. Chambers (Blaydon) 24.02; 5, P. Gunstone (Dundee Hawk) 24.05; 6, E. McCulloch (Bella) 25.23. **Teams:** 1, Edinburgh SH 65; 2, Edinburgh AC 76; 3, Greenock Rankin Park 78.

Intermediates

1, M. O'Boyle (VP) 15.48; 2, S. Barrass (AFD) 16.53; 3, L. Inglis (EAC) 17.18; 4, J. Kane (ESH) 17.43; 5, E. Fleming (ASV) 17.46; 6, K. Roberts (EAC) 17.46. **Teams:** 1, Edinburgh AC 39; 2, Victoria Park 59; 3, Edinburgh SH 101.

Juniors

1, Penny Gunstone (Dundee H) 9.13; 2, A. Cherry (F'house MW) 9.17; 3, L. Todd (G'mouth Oly) 9.30; 4, P. Thomas (F'house V) 9.38; 5, S. Livingston (Pitreavie) 9.42; 6, J. Will (Dundee H) 9.46. **Teams:** 1, Edinburgh SH 49; 2, Pitreavie 62; 3, Edinburgh AC 82.

Girls

1, K. Robinson (Pitreavie) 6.30; 2, F. McKenzie (Pit) 6.46; 3, K. Williams (Pit) 6.53; 4, J. Devlin (Pit) 6.55; 5, L. Hodge (Pit) 6.56; 6, L. Roy (VP) 7.04. **Teams:** 1, Pitreavie 10; 2, Victoria Park 54; 3, Edinburgh AC 65.

(Fuller results to follow)

NOW IT'S THE MEN'S TURN

The SCCU National Championships will take place at Coatbridge today (Feb. 17th) and will be sponsored by Coatbridge Town Council. The man on form in the senior ranks is Norman Morrison but clubmate Lachie Stewart, whose light has dimmed slightly because of post-influenza effects, may reassert himself dramatically. Jim Alder is not yet to be discounted and Andy McKean is capable of upsetting any expert's assessment. Jim Brown, possibly the best Junior in the world, is hardly likely to lose his hold of the domestic title, but the Youths category has a layer of class that makes prediction difficult. Mark Watt, second in the Youths race at Arlon (Belgium) recently, tempts a mental bet, but Jim Graham and Jim Thomson are but two of the lads who will dispute his claim.

Jim Logan

NORTHERN CHAMPS. continued

Teams: 1, Bolton UH (2,5,11,16,29,46) 109; 2, Airedale & SV (8,12,25,32,39,40) 156; 3, Gateshead (1,13,24,27,35,72) 172; 4, Sale 192; 5, Liverpool H. 247; 6, Manchester & D. 325; 7, Blackburn 433; 8, Wirral 447; 9, Holmfirth 561; 10, Blackpool & F. 577; 11, Sheffield 579; 12, Liv. Pembroke 381; 13, Salford 598; 14, Morpeth 605; 15, Sutton 611; 16, Bingley 683; 17, Altrincham 784; 18, Clayton-le-Moors 813; 19, Wakefield 819; 20, Middlesbrough & Cleveland 820; 21, Leeds 821; 22, Rochdale 892; 23, Manchester YMCA 1101; 24, Horwich 1293; 25, Waterloo 2018.

(Other age groups next week)

**ROAD RUNNERS CLUB
FILM SHOW**

Civil Service Recreation Centre,
Monck Street, Westminster, London, SW1

ON TUESDAY, 27th FEBRUARY, 1973

7.00 p.m. for 7.30 p.m.

Tickets Free. S.A.E., please, to Jack Fenn, 27
Cleveland Road, South Woodford, London,
E18 2AN (Tel: 01-989-5407).

RON HILL RESTATES HIS CASE

Dear Sir,

I would like to reply to and question some of the remarks made by Mrs Woodward in your February 3rd edition with regard to my suggested possible exemption from a marathon trial for the Commonwealth Games in 1974.

Mrs Woodward is welcome to be "disgusted" at this suggestion but I am only asking for the treatment which the top athletes of some other countries enjoy. For example both Roelants and Lismont were in the Belgium team for Munich at the marathon distance very early in 1972, probably subject to provisos of fitness, etc.

I can assure Mrs Woodward that I am not "under the misapprehension" that I will remain Britain's No. 1 marathon runner forever, but although the British system of law works on the assumption of "innocent until proved guilty", in selection for the marathon it appears rather "guilty (of not continuing to be fit and capable) until proved innocent".

LETTERS

It is also suggested that I should "prove my consistency" again. My marathon performances from July 1968 read: 2:17, 2:13, 2:16, 2:11, 2:10, 2:09, 2:15, 2:12, 2:14, 2:12, 2:16. If this is not consistency I have to make my mind up here and now that I will never ever be consistent.

Mrs Woodward is also welcome to her opinions on the possible decline in my career and deterioration of my performances. Only time will tell, but I am certain that atrophy does not set in at any alarming rate in an athlete who is keen and determined to succeed.

One question in Mrs Woodward's letter did intrigue me and this was: "Does he not realise . . . that we have potential marathon record breakers who could well be better than him in six months time?" Well, to tell you the truth I didn't realise this! Could we please know what marathon records are referred to here, and also have a short list of who these potential record breakers are? This is a serious question and I'm sure the international selectors as well as the present top marathon runners will be most interested to learn the answer.

On another note, I have heard that the AAA 10 mile track championship has been dropped this year. May I through your columns register my sorrow at the demise (temporary or permanent) of this event which played a significant part in the development of my own career (two world records), and also I feel has helped in lowering the psychological barrier in road running with the recording of fast authentic times at this distance.

Ron Hill,
Bolton United Harriers.

UNSYMPATHETIC OFFICIALS

Dear Sir,

One can sympathize very much with R. Murdoch ('AW', Feb. 3rd) over the exclusion of an athlete from the Friday Women's 400m heats at Cosford Games when she reported only 5 minutes late after travel difficulties. Some sympathy is also due to officials who have to cope with these situations. However, it is not this aspect of his letter that I wish to comment on.

Mr. Murdoch referred to an athlete who appeared not to try in a 60m semi-final, having a 400m final immediately afterwards. There can be no doubt that the 400m was the more important event for this young lady, but, like at least one other, she had also entered the 60m, possibly to have a race on the Saturday if she had not survived the Friday 400m semi-final. After all, it was the Cosford Games. Perhaps she ran the 60m heat with little expectation of getting beyond it—again, it was the Cosford Games. By coming 3rd in it—in 8.0—she was in an embarrassing position, possibly understanding that if she withdrew from the 60m semi-final she would not be allowed to continue in the 400m final.

It was extremely unfortunate that these two events were adjacent in the programme. It must have been very galling for Mr. Murdoch that the excluded athlete, 4th in the 60m heat in 8.2, was the same athlete who had missed the 400m heat the evening before. But I think he will regret having written "There is no room in athletics for this type of athlete" about a charming, modest, talented and very plucky young lady. I do not imagine she will get herself into such a difficulty again. In case any reader does not know to whom Mr. Murdoch was referring, I will merely add that her name was not the same as mine.

C. B. Spurgin,
Wolverhampton

HAEMOGLOBIN CONCENTRATIONS

Dear Sir,

Since the publication of the letter on low haemoglobin levels in young athletes (Horwill, 'AW' January 13th) I have had a number of requests from athletes, for checks on their blood haemoglobin concentrations.

The low values reported by the writer are indeed low and I agree that a watchful eye must be kept on athletes to ensure that their diets are adequate to prevent a marked reduction in haemoglobin concentration. However, at the risk of being trivial, I would like to make a few points about haemoglobin concentrations after extensive endurance training.

The first point is that endurance athletes are commonly reported, in the scientific literature, as having concentrations approximately 10% below those of the "normal population", so much so that it might be listed as an adaptive response to endurance training. The total haemoglobin i.e. quantity, increases with training, yet the haemo-

ADIDAS SPECIAL FIELD EVENT SHOES

AT LAST YEAR'S PRICES
WHILE STOCKS LAST

High Jump. Blue kangaroo velour. Right foot 8 or 9 only; left foot, 9 only. **£6.50** per shoe.

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SPECIAL REDUCTIONS

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Adidas "Saturn". Red velour, fine track shoe with padded heel. Sizes 7, 8, 10½ only. Reduced to **£4.95** (£6.50).

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Kingswell "Blue Streak". Another really good shoe. Size 5½ **£2.75** (£3.75), 9 **£2.95** (£4.00).

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NOTE: Will customers please write name and address in block letters when ordering and remember to state size required. Any goods exchanged or money refunded if returned in new condition within 7 days.

Please enclose part postage, i.e. 12p for trackuits, 10p shoes, 3p shorts, vests, etc.

THE SPORTS CENTRE

8 MEDWAY STREET, CHATHAM, KENT

Telephone: Medway 47055

globin "concentration" will remain unaltered, after training, only if plasma volume increases by a proportional amount. If the resting plasma volume increases by a greater amount than the increase in total haemoglobin then the post-training haemoglobin "concentration" will be lower than before training.

The second point is that during exercise there is a loss of plasma volume i.e. haemoconcentration, by fluid leaving the blood and entering muscle cells and the surrounding spaces. Some researchers have reported a haemoconcentration of 10% during heavy exercise. The consequence of this 10% reduction in plasma volume is a 10% increase in haemoglobin concentration and hence an increase in the oxygen carrying capacity of the blood. The disadvantage of an increase in the red blood cell concentration is that it increases the viscosity of the blood and decreases the velocity with which the red blood cells travel to exercising muscles. The third point is simply that endurance athletes have high maximum cardiac outputs, which are associated with rapid blood circulation rates. Therefore it might be assumed that a reduction in blood viscosity (accompanying a lowered haemoglobin "concentration") would be an advantage for rapid circulation rates.

Finally I would like to suggest that a resting haemoglobin concentration about 10% below the concentration for a "normal population" does not present a threat to the oxygen transport system of the endurance athlete. The haemoconcentration during exercise increases the effective capacity of blood for oxygen without producing a detrimental increase in blood viscosity. An evaluation of the functional haemoglobin concentration might be best performed on blood removed from the exercising athlete. In terms of physiological dimensions, athletes are different from the normal population and so a lower haemoglobin concentration might well represent yet another difference, which is one of the many adaptive responses to endurance training.

Clyde Williams,

Lecturer in Physiology,
University of Aberdeen

Dear Sir,

Frank Horwill says the taking of one 100 milligram tablet with vitamin C can do nothing but good, yet Gabe Martin MD, in "Runner's World" says high doses of vitamin C can cause kidney stones in people who are predisposed to gout and goes on to say that once iron is taken into his body the male has no way to get rid of it other than frank bleeding. The female gets rid of iron by menstruation. Iron in over-dosage is a potent poison and nobody should ever take supplemental iron unless a physician diagnoses iron deficiency. My own doctor has refused me iron tablets and I would like to hear some more medical opinions.

D. Deegan

SPRINTING

Dear Sir,

Where does G. Hubert-White get his information that the Schools' PE sector (whatever that

might be) ordains the bullet start? In many years of teaching I have never heard it "ordained". Recommended, perhaps, by some individuals, but never an order for everyone to carry out, anymore than anything else is ordered in education.

As for the starting position used last year at the Middlesex Schools' Championships, it was indeed remarkable if only four or five competitors used "front foot in line, rear foot to front heel" position. There is nothing new about this. Most boys and girls do this if they are not taught correctly. It is due to sheer ignorance, and either shows a lack of proper instruction, or the wrong instruction by someone, not necessarily a schoolmaster, who thinks he knows.

Surely G. Hubert-White does not really think that it is something new, or that there is something in his PE master friend's theory? And why blame the poor old PE master, who always has to bear the cross of everything which young athletes do incorrectly? Why not blame schoolmistresses for a change, or the enthusiastic but misguided parents, or, dare I say it, some so-called coaches?

S. J. Caffall,
Watford

SOUTH OF THAMES DISQUALIFICATION

Dear Sir,

For the second year in succession runners and teams have been disqualified in the South of the Thames Senior cross-country race. This year my own club was involved through no fault of our fixture secretary. The entry form was not received until the day before entries closed, and he had

no copy of the handbook to refer to. On the afternoon prior to the race, he asked a member of the South of Thames CC Association committee if the Medway team was clear, and was told that it was, so no questions could have been raised over our entry at the Friday scrutiny meeting.

The following week when objections were raised over John Simmons, our fixture secretary agreed to investigate our team and then found that Richard Newble was also out by a fortnight, and informed the Association committee of this.

In conclusion I feel some of the blame for these disqualifications must lie with the South of Thames Association committee. Once the entries have been scrutinised no further objection should arise over a runner's eligibility. Perhaps if the entries were circulated to all competing clubs 14 days before the race, knowledgeable people could raise queries in good time and save a lot of bad feelings.

Chris Newman,
Asst. Secretary, Medway AC

Over the years there have been many runners who have run in the South of Thames though ineligible, and have "got away with it." Alan Brent, Asst. Secretary of the S. of T. Assocn. for many years, states "Only one club representative turned up at the scrutiny meeting and this is typical of such meetings these days. Thanks are due to Medway for bringing the ineligibility of their runners to the notice of the Committee. It may be necessary in future to include some of the rules on the entry form.—Ed.

WALKING

BOB DOBSON SCORES IN GLC '10'

A QUARTET broke away from the field immediately in the GLC 10 miles championship at Battersea Park last Saturday, and it was Peter Selby and John Webb who forced the pace. Following close behind were Bob Dobson and Shaun Lightman. Selby was dropped after a lap but the remaining trio remained together until a torrential shower just after halfway affected everyone and enabled Dobson to surge away with Lightman hanging on desperately. By 7M Dobson was well away while Webb had recaptured Lightman and went on to take a comfortable second. Lightman slowed in the last lap and was nearly caught by the consistent Selby. Ken Carter got the better of Carl Lawton in the last 3M to take fifth. Bill Sutherland showed much improved form on one of his favourite courses while Geoff Hunwicks shocked many with his strong come-through to almost take Ray Middleton on the finish, improving no less than 7:06 on last year! Another fine improvement came from Jim Nye who progressed from 96.43 to 83.15 in one year! With Southend not eligible, Belgrave had an easy team win.

1, R. Dobson (Basildon) 73.47; 2, J. Webb (Bas) 74.24; 3, S. Lightman (Met) 75.46; 4, P. Selby (Sy. AC) 75.54; 5, K. Carter (S'end) 77.14; 6, C.

Lawton (Bel) 77.40; 7, W. Sutherland (H'gate) 77.48; 8, D. Stevens (Steyn) 78.33; 9, R. Middleton (Bel) 78.49; 11, G. Hunwicks (Ilf) 78.54; 12, P. Marlow (S'end) 79.36; 13, K. Livermore (Enf) 79.39; 14, D. Rosser (S'end) 79.59; 15, J. Hall (Bel) 80.32; 16, J. Godbeer (Camb) 81.17; 17, D. Thompson (Met. WC) 81.28; 18, K. Tuson (S'end) 81.55; 19, P. Dyble (Newham) 82.57; 20, J. Nye (Sy. WC) 83.15.

Met. Police '10', at Chigwell, Feb. 7th. Bill Sutherland and Amos Seddon set the early pace but after a mile a group of five were contesting the front. Lou Mockett went away before 2 miles and held a 50y lead for some time before being quickly rejoined by Seddon at halfway. The latter then moved well away on a long downhill stretch to cruise home in order to protect an injured leg. Mockett held on to second whilst Sutherland faded badly to fifth. 1, A. Seddon (Enf) 79.03; 2, L. Mockett (W. Grn) 79.39; 3, C. Fogg (Enf) 80.31; 4, P. Hodgkinson (Camb) 80.58; 5, W. Sutherland (H'gate) 83.19; 6, J. Clifton (W. Grn) 87.10.

Today's Events. The Basingstoke Open '10' should again provide a bonanza for Belgrave Harriers with their strong squad. The ever improving Steyning and Bristol RWC should make

the strongest opposition. At South Croydon, hosts Surrey WC meet Brighton over a tough 20km, while Met. Police have a match with St. Dunstan's at Ewell. Off the road, the RWA general committee meeting should give the dates for the trials for the Lugano Cup and Commonwealth Games. Next Wednesday, (Feb. 21st) the 5km at Crystal Palace should be a scorcher with Roger Mills, Bob Dobson, Amos Seddon, Peter Selby and Ken Carter heading the entry.

Colin Young

SOUTHERN CHAMPS. continued from p.11

4, S. Waite (S'ton) 31.30; 5, P. Flavell (Ox. Cty) 31.34; 6, R. Samuel (Shaft) 31.50; 7, K. Clifford (Wyc) 31.56; 8, G. Grant (Camb) 32.07; 9, D. Long (B'mth) 32.26; 10, K. O'Connor (TVH) 32.29; 11, A. Catton (Ilf) 32.35; 12, P. Gregory (S'gate) 32.41; 13, D. Davies (Port) 32.43; 14, P. Potter (B'mth) 32.48; 15, D. Good (Elliott-Reed) 32.53; 16, I. Beauchamp (Horsham) 32.57; 17, J. Wilkinson (Thames H & H) 32.58; 18, L. Slater (Folk) 33.05; 19, J. Ovenden (TVH) 33.07; 20, M. Puddfoot (TVH) 33.10; 21, R. Elliott (B'mth) 33.30; 22, M. Spinks (S'gate) 33.37; 23, V. Voller (Shaft) 33.43; 24, C. Barnett (And) 34.02; 25, M. Long (SLH) 34.05; 26, D. Cox (Wood. Gn) 34.10; 27, P. Willis (Read) 34.20; 28, N. Watkins (Port) 34.24; 29, K. Hirst (Shaft) 34.30; 30, C. Kevin (Sy. B) 34.33; 31, C. Ayres (Basing) 34.34; 32, J. O'Byrne (Croy) 34.37; 33, B. Franklin (And) 34.39; 34, S. Tingle (TVH) 34.48; 35, J. Barrowclough (S'gate) 34.56; 36, P. Summers (Ald) 35.08; 37, J. Lamb (Walton) 35.16; 38, S. Waite (Newham) 35.17; 39, L. Watts (S'end) 35.22; 40, D. Warren (Hav) 35.25; 41, R. Wood (Ox. Cty) 35.34; 42, P. Brew (Ver) 35.47; 43, ——— (——) 35.51; 44, P. Warr (Dart) 36.02; 45, D. Spashett (S'end) 36.11; 46, M. Maguire (M'head) 36.24; 47, J. Platt (Wood. Gn) 36.31; 48, D. Kitley (M'head) 36.33; 49, R. Messenger (B'mth) 36.34; 50, P. Leggett (Dart) 36.52. 86 finished.

Teams:

1. Southgate H (3,12,22,35) 72
2. Thames Valley H (10,19,20,34) 83
3. Bournemouth AC (9,14,21,49) 93
4. Shaftesbury 119; 5. Woodford Green 207; 6. Reading 232; 7. Havering 251; 8. Imperial College 278; 9. London School of Economics 283.

Youths (4 miles)

1. J. Odlin (North London) 22.04
2. R. Crabb (Swindon) 22.32
3. G. Rowsell (Southampton & E.) 22.40
4. K. Dumbleton (Ver) 22.46; 5, A. Barnett (And) 22.53; 6, M. Malone (Salis) 23.00; 7, T. Maryon (TVH) 23.01; 8, M. Gratton (Folk) 23.17; 9, R. Coles (B'ht) 23.18; 10, M. English (N. Lon) 23.22; 11, P. Williams (Camb) 23.23; 12, J. Kilsby (S'gate) 23.24; 13, D. Wright (Hill) 23.25; 14, C. Brown (Camb) 23.27; 15, G. Richardson (Ald) 23.34; 16, S. Barnshaw (Ald) 23.35; 17, P. Gronland (Wood Gn) 23.35; 18, D. Wolfe (Hill) 23.38; 19, V. Phillips (Swin) 23.39; 20, D. Fowler (Camb) 23.40; 21, M. Kettlewell (Hill) 23.42; 22, D. Filtress (E. Sy) 23.50; 23, P. Jerrum (Kt) 23.51;

24, J. Rooks (Camb) 23.52; 25, R. Lees (Hill) 23.54; 26, G. Arnell (Shaft) 23.55; 27, D. Fletcher (B'ht) 23.56; 28, B. Walters (TVH) 23.58; 29, S. Knowles (B'ht) 24.01; 30, P. Lee (Inv) 24.02; 31, D. Randall (Med) 24.07; 32, J. Kerly (Salis) 24.08; 33, R. Payne (HHH) 24.09; 34, P. Mullery (Elliott-Reed) 24.11; 35, D. Roberts (Camb) 24.14; 36, G. Saville (Wood Gn) 24.15; 37, M. Simmons (Mit) 24.17; 38, E. Allenby (Wood Gn) 24.19; 39, T. Butt (Steve) 24.20; 40, K. Bailey (TVH) 24.24; 41, K. Fletcher (Shaft) 24.25; 42, I. Logan (Ald) 24.25; 43, J. Barnes (Camb) 24.26; 44, G. Sillitoe (Shaft) 24.30; 45, A. Hind (Port) 24.31; 46, R. Newton (S'ton) 24.32; 47, M. Allen (Craw) 24.32; 48, N. Skipper (Port) 24.32; 49, W. Bellew (TVH) 24.38; 50, M. Sykes (Port) 24.40; 51, D. Milner (S'gate) 24.41; 52, S. Podbury (Wyc) 24.42; 53, S. Jacob (Read) 24.43; 54, I. Clarke (TVH) 24.47; 55, R. Newman (Thames H & H) 24.48; 56, L. Hall (Hill) 24.49; 57, P. Dickerson (Mit) 24.50; 58, P. Purdue (Wind) 24.52; 59, S. Talbot (Shaft) 24.54; 60, A. Main (SLH) 24.54; 61, O. Arif (H'gate) 24.56; 62, M. Ridout (Ox. Cty) 24.57; 63, N. Goffin (Wat) 24.59; 64, P. Rezin (Ald) 25.00; 65, K. Barker (Ver) 25.03; 66, G. Legg (Port) 25.05; 67, A. Weir (S'ton) 25.07; 68, R. Leem-Bruggen (Wood Gn) 25.08; 69, S. Deboise (Croy) 25.09; 70, A. Simmons (S'ton) 25.10; 71, C. Marshall (B'ht) 25.10; 72, L. Morton (S'gate) 25.12; 73, P. Blanchfield (Felt) 25.14; 74, P. Gittings (Read) 25.23; 75, J. Have (SLH) 25.26. 146 finished.

Teams:

1. Cambridge H (11,14,20,24) 69
2. Hillingdon AC (13,18,21,25) 77
3. Thames Valley H (7,28,40,49) 124
4. Blackheath 136; 5. Aldershot, F & D 137; 6. Woodford Green 157; 7. North London 168; 8. Shaftesbury 170; 9. Southampton & Eastleigh 186; 10. Swindon 191; 11. Portsmouth 209; 12. Southgate 237; 13. Verlea 274; 14. Mitcham 304; 15. Elliott-Reed 329; 16. Reading 342; 17. Medway 352; 18. Highgate 370; 19. South London 377; 20. Watford 413; 21. Belgrave 511.

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RUNNER'S DIARY with race-analysis and progress charts. One-year or two-year size, 70p or £1. **Wildlife & Country Photos Ltd., Orcombe, Peckham Bush, Tonbridge, Kent.**

RON HILL SPORTS. Freedom shorts. Setting the pace. Nylon, 2 stripes, 99p. **72 Green Lane, Romiley, Cheshire.**

YOUR NEW ROAD SHOES . . . Adidas "Mexicana" £6.75, SL 72 £6.90, Rainsuits: Tops £4.45, Bottoms £4.40. Tiger "Cubs" £2.75, Marathon £3.90, "Jogger" £5.50. Postage 12p. SAE illustrated athletic lists. **Martin Evans Sports, Faringdon, Berkshire.**

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COCKERMOUTH A.S.A.

CROSS-COUNTRY MEETING

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

SUNDAY, 18th MARCH, 1.30 p.m.

At **The Grammar School, Cockermouth**
ALL INDIVIDUAL EVENTS

Boys U/10, U/12, U/14, U/16, Open Men

Girls U/11, U/12, U/14, U/16. Ages on 1.9.72

Entry Fee: 5p, Men 10p. Awards each event.

C.A.S.A. Shield for Club with most points.

CLOSING DATE 12th MARCH

Entries with fees to F. E. Gregory, 20 Rose Lane, Cockermouth, Cumberland. Tel: 2429.

VICTORIA PARK HARRIERS

5 x 1½ MILE BOYS RELAY

(Under 16 Years on day of race)

for the L. R. Williams Trophy

and

5 MILES SENIOR TEAM &

INDIVIDUAL ROAD RACE

for the A. Abrahams Trophy

ON SATURDAY, 7th APRIL, 1973

AT **VICTORIA PARK, EAST LONDON**

Entry Fees: Boys 50p, 25p subsequent teams.

Awards first 3 teams and fastest lap; Senior

20p per ind. (no team fee). Prizes 1st team (3

to score), first Individual, first Vet.

Entries to Mr. K. Lowe, 47 Regent's Court,

Pownall Road, London, E.5. Under AAA Laws.

CLOSING DATE MARCH 30th

LEIGH HARRIERS & A.C.

FIFTH ANNUAL "J. DICKINSON"

MEETING

SATURDAY, 10th MARCH, at 2.00 p.m.

Leigh Athletic Ground, Charles St., Leigh

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

6 MILE OPEN RACE at 3.00 p.m.

(3 Mile Lap, flat course, some road)

Team Trophy & Prizes. Ind. value £5.25, £3,

£1. 1st Vet. O/45 £1. Teams: 4 at £2, 4 at

£1.50, 4 at £1. Entry fees: 25p per team, Ind.

15p. All must enter as ind. (teams 6 to run).

"F. BROWN" 2 MILE BOYS RACE, 2.30 p.m.

(14 & U/16 on 1.9.72). Team Trophy. Ind.

prizes value £2.50, £1.75, 75p. Medals first 3

teams. Team (6 run, 4 count) 25p, Ind. 15p.

1½ MILE COLTS RACE, 2.15 p.m.

(U/14 on 1.9.72). Trophy & Medals first 3

teams (6 run, 4 score). Team 25p, Ind. 15p.

BOYS U/12 1 MILE RACE, 2 p.m.

Small Prizes first six. Entry fee 5p

Entries on AAA forms to C. F. Madely, 3

North Brown St., Leigh, Lancs. (Tel: Leigh

71384, day only) by Sat., 1st March certain.

INAUGURAL SOUTHERN VETERANS

CROSS-COUNTRY CHAMPIONSHIPS

SUNDAY, 4th MARCH, 1973

AT **WOODFORD GREEN, NOON START**

Entry Fee 20p. Entries to Bill Hazle, 5 Oak

Hill Road, Wanstead, E11 2JT (01-530-3367)

by Monday, 26th February.

CITY OF PLYMOUTH ATHLETIC CLUB

"MAYFLOWER 10 MILE ROAD RACE"

Team & Ind. Trophies, Team, Ind. and Veteran

awards (6 to run, 4 to score).

SUNDAY, 18th MARCH, at 3 p.m.

Entries: 15p Ind., plus 30p team fee to J.

Gilbert, 1 Westeria Terrace, Peverell, Plymouth,

by 12th March. Under A.A.A. Laws.

ROMFORD HALF-MARATHON

(Under A.A.A. Laws)

Please note change of date

NOW OCTOBER 6th., 1973

Race Secretary: C. N. J. Burton

(Havering A.C.)

CANNOCK ATHLETIC CLUB

Annual

CROSS-COUNTRY RELAYS

(Under AAA, WAAA & ECCU Rules)

SUNDAY, 11th MARCH, 1973

Young Colts (O/11, U/12 on 1.9.72) 4 x 1 Lap

Colts (O/12, U/14 on 1.9.72) 4 x 1 Lap

Boys (O/14, U/16 on 1.9.72) 4 x 1 Lap

Girls (O/11, U/13 on 1.9.72) 3 x 1 Lap

Junior Women (O/13, U/15 on 1.9.72) 3 x 1 Lap

Inter Women (O/15, U/17 on 1.9.72) 3 x 1 Lap

Awards: Trophy and awards first 3 teams in

each race. Fastest lap awards. Hagley Park

Trophy for best club overall. Fee: 25p per team.

Entries: to M. N. Bailey, 15 Chaseley Avenue,

Cannock, Staffs. (Can. 4624) by Mon., 26th Feb.

Hillingdon A.C. present on

SATURDAY, 14th APRIL, 1973, the 41st

FINCHLEY "20"

(Under A.A.A. Laws)

FROM THE CLUBHOUSE,

BURY ST., RUISLIP

The race incorporates Southern Cities., Middx.

C., Herts. C., Berks. & Bucks. C. Champs.

Trophy 1st Team. Prizes first 10 Individuals,

first 3 Teams of 4 & first 2 Vets.

Entry Fees: 25p Fin. 20p ind., 35p Southern

ind. 10p Berks ind., 20p Beds. ind., 65p Middx.

team. No other fees. Team: Fin. Any to enter,

8 run, 4 score. Southern 9 enter 6 run, 3 score.

Middx. 12 enter, 6 run 3 score. Entries on

AAA forms to A. Chidley, 9 Conway Gardens,

Wembley, Middx. by 2nd April.