

February 20th 1971 Vol. 25 No. 8

a

thletics **weekly**

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

INSIDE

★ United Kingdom Indoor
All-Time List

★ Area Cross-Country
Championships

★ The Legendary Stella Walsh
—by Richard Szreter

★ Isokinetic Exercise
—by Peter Lay



10p

MADELEINE COBB
and SONIA
LANNAMAN, who
sprint against East
Germany this week-
end

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Northern C.C. Championships

At Blackburn, February 13th

TREVOR WRIGHT COMPLETES HAT-TRICK

TREVOR WRIGHT became the first runner to score a hat-trick of wins in the Northern cross-country championship in twenty years. The feat, last accomplished by Frank Aaron, eluded such outstanding performers as Fred Norris, Gerry North and Ron Hill.

In spite of having been troubled all week by a knee injury, picked up in San Sebastian, Wright completely dominated the opposition. He ran the first two miles easily and shared the lead with Jim Alder for the next mile. Wright left Alder after 3 miles and opened up a gap of 200 yards in the following mile. As in the inter-counties, he slackened off considerably in the closing stages and was content to win by just under half a minute. The course was a very heavy one, including steep hills, and for good measure there was a howling gale and hailstones.

Wright who is bidding for an unprecedented grand slam of cross-country titles this winter, had been a doubtful starter because of the injury. Fortunately, however, he felt nothing on the morning of the race and he felt great during and after the event. Bill Robinson and Steve Edmunds took advantage of the shadow boxing by several of the bigger names to register their best ever performances in the Northern, and Jim Myatt was another to excel.

Bolton United completed a hat-trick also in the team race, even though Ron Hill (suffering from a heavy cold) was no higher than 26th and Keith Baum and Mike Chapman withdrew in protest against Bolton's selected team for the National.

Joe Lancaster.

1. T. Wright (Hallamshire) 43.27
2. J. Alder (Morpeth) 43.55
3. M. Freary (Bolton) 44.05
4. W. Robinson (S'well) 44.17; 5. A. Blinston (Altrincham) 44.19; 6. C. Robinson (Rochdale) 44.46; 7. E. Haslam (Bolton) 44.48; 8. J. Tempterton (Airedale) 45.03; 9. K. Angus (Sheffield UH) 45.08; 10. J. Myatt (Wirral) 45.11; 11. S. Edmunds (Sale) 45.23; 12. D. Blakeley (M & D) 45.26; 13. C. Leigh (Salford) 45.29; 14. P. Waddington (Liv.) 45.40; 15. J. Norman (Alt) 45.42; 16. S. Clegg (Salford) 45.44; 17. A. Spence (Bingley) 45.47; 18. J. Calvert (B'urn) 45.48; 19. P. Morris (B'pool) 45.53; 20. P. Wood (Warr) 45.56; 21. P. Braithwaite (Bingley) 46.00; 22. D. Pratt (Sheff. UH) 46.04; 23. B. Goulden (Sale) 46.12; 24. T. Overington (Wirral) 46.13; 25. W. Yale (Bolton) 46.14; 26. R. Hill (Bolton) 46.17; 27. R. Brown (Pem) 46.23; 28. F. Davies (Liv.) 46.30; 29. D. Farmer (Sale) 46.40; 30. D. Barker (Hallam) 46.43; 31. K. O'Toole (Pem) 46.44; 32. R. Barlow (Sutton) 46.45; 33. J. Waterhouse (Bing) 46.55; 34. C. Fay (B'urn) 46.58; 35. R. Gregory (M & D) 47.00; 36. G. McBride (Bing) 47.03; 37. I. Wainwright (Sheff) 47.06; 38. R. Swann

(Bolton) 47.07; 39. N. Carrington (Sale) 47.12; 40. A. Greenwood (Hallam) 47.16; 41. P. Rawnsley (Sky) 47.18; 42. S. Hollings (Wake) 47.19; 43. J. Pearson (Morpeth) 47.20; 44. D. Camp (Morpeth) 47.26; 45. G. Bellord (M & C) 47.29; 46. D. Cockburn (Mor) 47.30; 47. P. Veitch (M & C) 47.33; 48. N. Ward (Bolton) 47.33; 49. A. Walsham (Salford) 47.33; 50. J. Irwin (Bingley) 47.37.

Teams:	Pts.
1. Bolton United	(3, 7, 25, 26, 38, 48) 147
2. Bingley	(17, 21, 33, 36, 50, 63) 220
3. Sale	(11, 23, 29, 39, 73, 79) 254
4. Manchester & Dist.	(12, 35, 54, 56, 59, 78) 294
5. Wirral	(10, 24, 52, 53, 74, 88) 301
6. Salford	(13, 16, 49, 76, 92, 111) 357
7. Sheffield UH 413; 8. Middlesbrough & Cleveland 424; 9. Liverpool 445; 10. Wakefield 448; 11. Blackburn 452; 12. Sutton 500; 13. Hallamshire 527; 14. Pembroke 632; 15. Leeds 622; 16. Airedale & Spen Valley 734; 17. East Cheshire 843; 18. Blackpool 870; 19. Rochdale 873; 20. Clayton-le-Moors 909; 21. Longwood 944; 22. Altrincham & D 1,009; 23. Manchester AC 1,059; 24. Waterloo 1,115; 25. Holmfirth 1,123.	

Juniors

1. A. Dewhurst (Airedale) 32.18; 2. S. Kenyon (Bolton) 32.37; 3. M. McLeod (Elswick) 32.44.
Teams: 1. Airedale & SV 21; 2. Leeds 54; 3. Blackburn 72. (Only details available).

Youths

1. D. Coates (Middlesbrough) 16.06; 2. M. Dell (Leeds) 16.15; 3. D. Allen (Stret) 16.19; 4. P. Dunn (Billingham) 16.35; 5. D. Lowes (Gateshead) 16.43; 6. D. Kelly (Saltwell) 16.47
Teams: 1. Saltwell (6, 26, 30, 34) 96; 2. Liverpool Pembroke (8, 25, 29, 35) 97; 3. Gateshead (5, 15, 33, 60) 113; 4. Hull 152; 5. Bingley 158; 6. Leeds 172.

Boys

1. A. Royle (Sale) 11.13; 2. J. Drayton (Darlington) 11.18; 3. R. Cocks (Hull) 11.20; 4. N. Tillotson (Bingley) 11.24; 5. M. O'Connell (L'wood) 11.28; 6. J. Sellars (Longwood) 11.32.
Teams: 1. Sale (1, 9, 16, 17) 43; 2. Hull (3, 7, 20, 28) 58; 3. Middlesbrough & Cleveland (11, 18, 29, 37) 95; 4. Longwood 105; 5. Liverpool Pembroke 138; 6. Bingley 138.

FAIRCLOTH AWARDED HIS COLOURS

In accordance with their decision of December 1968, the BAAB have issued British international vests to the three marathon runners who would have been selected had there been an Olympics or European Championships in 1970. The athletes are Ron Hill, Jim Alder and new international Don Faircloth.

Cover photo by Tony Duffy

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

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THE WEEK AHEAD

Saturday, February 20th: GDR (East Germany) v. Great Britain, indoors, in Berlin; Scottish Cross-Country Championships at Bellahouston; Welsh Junior, Youths, Boys and Colts Championships at Cwmbran; Hyde Park Colleges Cross-Country Relay; Birmingham & District League at Stoke (Div. 1), Redditch (Div. 2) and Dudley (Div. 3); Surrey League at Coulsdon (Div. 1) and Richmond Park (Div. 2); Sussex League at Worthing; Kent League at Canterbury; Hillingdon '5' at Ruislip; Woking Cross-Country Relays; Norfolk Youths and Boys Championships at Diss; Women's Civil Service Championships at Epsom; Devon League at Exeter University; Leeds and District Championships at Guiseley (Mike Baxter defending); Somerset Schools Championships at Yeovil; Women's AAA Annual General Meeting at Bowater House, Knightsbridge.

Sunday, February 21st: National Veterans' Championships at Hull; Bracknell Young Athletes' Cross-Country Races; John Whetton's Midland BMC Training Day at Mansfield, Notts.

Monday, February 22nd: Cambridge Hare & Hounds Cross-Country Relay.

Tuesday, February 23rd: Chingford League (Road) at Walthamstow.

Wednesday, February 24th: West Ham '8'.

Southern C.C. Championships**At Parliament Hill, February 13th****STANDING WINS IN A BREEZE**

PETER STANDING, 20-year-old South of the Thames champion, conquered a field of somewhat emaciated quality in the Southern Senior race over nine miles at windy Parliament Hill last Saturday, writes **Cliff Temple**. With Dave Bedford, Mick Beevor, Roy Young and Jack Lane—all possible title contenders—preferring to wait for the National for their next big effort, it was left to Bill Mullett (second last year) and Gerry North to set the early pace, before North was suddenly struck by stomach cramp, leaving Mullett a faintly surprised leader after the first lap, 15 yards ahead of Tony Ashton (1968 champion), Standing and North.

On the second lap North moved back into the lead, at around 5 miles, but was again forced to a sudden stop with cramp. Standing moved up to his Brighton team-mate, and after two of the three laps they were running together, 100 yards ahead of Ashton, with North having resumed in fourth place, followed by Bob Holt, moving through after a slow start, and Tony Moore.

Standing pulled away over the final circuit, and Ashton passed Mullett, lacking full strength following a cold which had cut his mileage to a mere eleven the previous week, for second place, while a disappointed Gerry North ("I felt so good") was fourth. Tony Ashton admitted afterwards that he was still feeling the effects of his run in Hannut the previous week. ("Only pride kept me going").

The winner, a landscape gardener from Rudwick, near Guildford, finished 68th in the inter-counties, where he was afflicted by the same cramp as struck North this time, but having beaten the European Qualifying Standard for 10,000m with 28:57.8 at Crystal Palace in December, that placing was obviously not reflecting anything like his true form. Now he is aiming for that distance at Helsinki, with the 1976 Olympics his main objective.

Reading massed their six scorers into the first 44 places and galloped away with the team title, whilst Hillingdon were beaten by a rejuvenated Belgrave squad by just four points. The holders, Hercules Wimbledon, crashed in sixth place, but hope to be right back to the fore at Norwich next month.

Unheralded Junior Champion

SURPRISE winner of the Junior race was the completely unheralded Terry Crabb, of Eton Manor, writes **Dave Cockledge**. A 19-year-old apprentice draughtsman, who works for Hawker Siddeley in Walthamstow, Crabb finished 7th in the Essex Championship last month, and did not make that county's team for the Inter Counties, yet managed to master this admittedly

small area field. Soon after the start it looked as if Medway's Jonathan Wigley would run away with it, for the bearded art student from Rochester had built up a gap of some 100y over Bill Whiting, Crabb, Nigel Bailey, Tim Beagent, Mike Fletcher and Andrew Down. This was the order at the 3 mile mark, with Wigley still looking comfortably in command of the proceedings, though Crabb and Whiting were beginning to close. Approaching the final mile, the Medway boy "died" suddenly, and Crabb pulled right up. "He came back to me, and though I found the course pretty hard, I pushed it and got away on the final slope," said Terry afterwards, who revealed that he often trains on the Parliament Hill mud, though "I never dreamed I could win this one!" Whiting, another unknown quantity, came through for second, in spite of Wigley's belated attempt to kick back in the finishing chute. The field was cheapened by the absence of Phil Banning, Bernie Ford (injured) and Peter Adams, who did not run for reasons unknown. Shaftesbury won the team title easily from Medway, for whom an off form Mervyn Brameld never got with it and dropped out.

Getting back to something like his form of last year, Julian Goater was quickly at the head of things in the Youth race, dragging a determined Barry Smith and John Davies along with him. Close up also were Steven Barr, Peter Carton, Nick Jeffrey (the early leader) and Neil Saunders. Going into the big lap, Goater began to stretch out, and was soon putting a substantial amount of daylight between himself and old rival Davies. Smith was on the shoulder of the Thames Valley boy here but began to tire on the final uphill stretch. Goater's handsome lead dwindled away rapidly nearing the finish, as an attack of stomach cramp almost doubled him up with agony. "I just managed to hold on," he said, talking of his four second margin at the tape, which nevertheless retained him the title. "I've been putting in 70 miles per week just lately, and things are getting better, but it's been very frustrating getting back after this hip injury I had last summer. I hope to give Dave Black a better race than I did in the Inter Counties when the National comes around." Davies, second last year also, blamed his slow start on the lane draw, but was confident: "With luck I can get Julian in the National . . ." First year Youth Steven Barr was an excellent 5th, confirming his fine running at Leicester. The team battle became a ding dong struggle between Southampton and Eastleigh, Shaftesbury and TVH, before the Shaftesbury boys' 4 in 31 sufficed by 4 points. Belgrave were without Bill Curtin (competing in Ireland), John Stow and Tony Binda, and never figured, failing even to finish a team.

1. P. Standing (Brighton & Hove) 46.35
 2. A. Ashton (Reading) 46.46
 3. W. Mullett (Brighton & Hove) 46.49
 4. Gerry North (Bel) 46.55; 5. R. Holt (Herc Wimb) 47.14; 6. D. Holt (HW) 47.22; 7. A. Moore (Windsor) 47.31; 8. J. Roberts (SLH) 47.33; 9. A. Moore (Hill) 47.35; 10. G. Biscoe (Mit) 47.36; 11. H. Starkey (Thames H & H) 47.40; 12. R. Gevers (SLH) 47.43; 13. C. Mossom (W.Grn) 47.46; 14. R. McAndrew (Read) 47.47; 15. M. Absolom (E. Manor) 47.51; 16. P. Baker (Ports) 47.57; 17. J. Valentine (Thames H & H) 48.06; 18. R. Richardson (B'ht) 48.07; 19. B. Baldaro (Read) 48.08; 20. F. Stebbings (Croy) 48.23; 21. G. Stevens (Read) 48.31; 22. D. Gunstone (H'gate) 48.35; 23. G. Ogden (H'gate) 48.36; 24. R. Ingleton (Ports) 48.37; 25. K. Penny (Camb) 48.38; 26. B. Watson (Camb) 48.40; 27. S. Buchanan (Hill) 48.41; 28. M. Barratt (E & S) 48.44; 29. P. Moore (Craw) 48.46; 30. A. Brien (Bel) 48.48; 31. P. Francis (Hill) 48.52; 32. L. Mann (Bel) 48.53; 33. P. Bennett (B & H) 48.54; 34. J. Bicourt (Bel) 48.55; 35. B. Ellis (TVH) 49.00; 36. C. Thomas (TVH) 49.03; 37. R. Piotrowski (Bel) 49.04; 38. A. Pretty (TVH) 49.05; 39. M. Murray (Mit) 49.07; 40. M. Hyman (Ports) 49.08; 41. J. McNamara (TVH) 49.14; 42. J. Thresher (Bel) 49.15; 43. J. Mouat (Hill) 49.16; 44. M. Duff (Read) 49.17; 45. P. Fagan (E & S) 49.18; 46. A. Jones (Camb) 49.20; 47. J. Clare (B'ht) 49.22; 48. H. Richards (Shaft) 49.27; 49. I. Macmillan (Invicta) 49.29; 50. K. Harland (Camb) 49.33.
 51. J. Stephenson (B & H) 49.34; 52. R. Palmer (Basildon) 49.35; 53. I. Wilson (B'ht) 49.38; 54.

J. Awcock (Horsham) 49.39; 55. M. Wands (Hill) 49.41; 56. M. Fuller (Herc W) 49.42; 57. C. Bivens (E & S) 49.43; 58. J. Rix (SLH) 49.45; 59. I. Jones (Windsor) 49.47; 60. K. Wainer (Hill) 49.51; 61. P. Witcomb (B & H) 49.53; 62. F. Maillardet (Camb) 49.54; 63. S. Badgery (Mit) 49.55; 64. D. Cowell (Craw) 49.56; 65. A. Mineyko (Poly) 49.56; 66. D. Nightingale (Watford) 50.03; 67. S. Walker (Thurr) 50.04; 68. J. Sullivan (Herc W) 50.05; 69. A. Green (Had. O) 50.07; 70. R. Alden (Read) 50.08; 71. D. Curwell (AFD) 50.09; 72. C. Haines (N'ht) 50.11; 73. G. Harrold (B Enfield) 50.12; 74. T. Jones (Thames H & H) 50.13; 75. D. Harrison (AFD) 50.20; 76. A. Sawyer (Sy. AC) 50.21; 77. M. Paterson (B & H) 50.22; 78. K. Whyte (Read) 50.24; 79. A. Fairclough (Bel) 50.27; 80. J. Brown (Hill) 50.28; 81. R. Pinkerton (Poly) 50.29; 82. P. O'Connor (Bel) 50.30; 83. J. Booth (Thames H & H) 50.33; 84. M. Pringuer (S'gate) 50.36; 85. F. O'Gorman (B'ht) 50.40; 86. J. Oliver (Kt. AC) 50.43; 87. R. Cressy (Hill) 50.44; 88. M. Madders (W'stow) 50.48; 89. P. Lill (Croy) 50.49; 90. B. Bacon (Read) 50.51; 91. P. Standen (B & H) 50.52; 92. I. Nuckey (Barnet) 50.54; 93. J. Cain (Ports) 50.55; 94. F. Gilson (Herc W) 50.57; 95. J. Kennedy (E & S) 50.59; 96. M. Emms (W. Grn) 51.00; 97. P. Stevens (TVH) 51.01; 98. P. Griffiths (Hill) 51.02; 99. R. Bean (E. Sy. H) 51.03; 100. D. Patterson (TVH) 51.04; 101. P. Rockwood (B & H) 51.05; 102. A. Tomlinson (Shaft) 51.06; 103. P. Creedon (Rane) 51.07; 104. P. Bryan (Havering) 51.08; 105. D. Pellett (B & H) 51.09; 106. P. Honiball (Thames H & H) 51.11; 107. G. Dance

FELTHAM ATHLETIC CLUB

Present their 15th Annual

EASTER MONDAY ROAD RACES

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

on Monday, 12th April, 1971, 1.45 p.m.

At Feltham Arena, Shakespeare Avenue

SENIOR MEN (before 13.4.53)	5 MILES—Record R. HOLT	23 mins. 40 secs.
YOUNG ATHLETES (1.4.53-1.4.57)	2½ MILES—Record C. REED I. ANGUS)	12 mins. 36 secs.
SENIOR LADIES (before 2.9.54)	2½ MILES—Record J. SMITH	14 mins. 11 secs.
INTER. LADIES (2.9.54-1.9.56)	1½ MILES—Record R. CULLEN	7 mins. 59 secs.
JUNIOR LADIES (2.9.56-1.9.59)	1½ MILES—Record C. BOXER	8 mins. 06 secs.

Prizes and Awards to Value of £100

TEAMS—4 to run, 3 to score. ENTRIES 15p (3/-) per entrant to Fred Brothers, 138 Uxbridge Road, Feltham, Middx. (Tel. 01-894-9006), by 29th MARCH. S.A.E. PLEASE.

(Bel) 51.12; 108, J. Forrest (Rane) 51.14; 109, T. Slack (Ver) 51.15; 110, R. Aukett (TVH) 51.16; 111, R. Collins (Windsor) 51.19; 112, P. Horwood (B'ht) 51.20; 113, A. Murphy (E & S) 51.23; 114, R. Melvern (Wind) 51.24; 115, G. Mardle (W. Grn) 51.25; 116, W. Hughes (Walton) 51.31; 117, R. Munt (Orion) 51.32; 118, G. Elmore (Shaft) 51.33; 119, M. Woods (AFD) 51.35; 120, B. O'Shea (L. Irish) 51.35.

Teams:	Pts.
1. Reading (2,14,19,21,37,44)	137
2. Belgrave (4,30,32,34,42,79)	221
3. Hillingdon (9,27,31,43,55,60)	225
4. Brighton & Hove 226; 5, TVH 347; 6, Hercules Wimbledon 357; 7, Cambridge H. 369; 8, Blackheath 387; 9, Portsmouth 474; 10, Thames H & H 499; 11, SLH 502; 12, Ealing & Southall 573; 13, Aldershot, F & D 734; 14, Ranelagh 815; 15, Shaftesbury 832; 16, Windsor S & E 868; 17, Highgate 920; 18, Borough of Enfield 952; 19, Mitcham 992; 20, Woodford Green 1,008; 21, Invicta 1,032; 22, Hadleigh Olympiads 1,076; 23, Havering 1,082; 24, Crawley 1,136; 25, Croydon 1,214; 26, Polytechnic 1,312; 27, Eton Manor 1,354; 28, Southampton & Eastleigh 1,409; 29, Orion 1,416; 30, Epsom & Ewell 1,422; 31, Verlea 1,453; 32, London Irish 1,460; 33, Walthamstow 1,512; 34, Barnet 1,530; 35, Horsham BS 1,533; 36, Oxford Cty. 1,550; 37, Southgate 1,565; 38, Surrey AC 1,776; 39, Guildford Godalming 1,813; 40, Watford 1,923; 41, Wycombe Phoenix 1,969; 42, Ilford 2,006; 43, Bank of England 2,445.	

Juniors

1. T. Crabb (Eton Manor)	33.08
2. W. Whiting (Bracknell)	33.23
3. J. Wigley (Medway)	33.25
4, M. Fletcher (Chelms) 33.39; 5, G. Mullett (B & H) 33.51; 6, N. Bailey (B'ht) 33.58; 7, L. Coleman (Harlow) 34.04; 8, A. Down (Thurr) 34.08; 9, R. Bober (Shaft) 34.12; 10, G. Baker (Horsham BS) 34.15; 11, I. MacIntyre (B'ht) 34.26; 12, T. Beagent (Herc W) 34.32; 13, L. Adams (Hill) 34.34; 14, R. Stephen (Shaft) 34.47; 15, P. Norell (S'gate) 34.52; 16, I. Johnstone (AFD) 34.56; 17, K. Kitson (B & H) 34.57; 18, A. Kennedy (Shaft) 35.01; 19, D. Ashbourne (SLH) 35.05; 20, M. Farley (HHH) 35.07; 21, C. Kitto (Eton M) 35.20; 22, R. Jones (Shaft) 35.24; 23, J. Huntingford (Camb) 35.52; 24, R. Watt (Read) 35.56; 25, A. Hutchinson (Sy AC) 35.42; 26, R. Hill (Wind) 35.56; 27, C. Morrish (Med) 35.59; 28, P. Manners (Read) 36.06; 29, A. Thomas (Ex. Bgls) 36.11; 30, M. Fielding (Camb) 36.20; 31, P. Buckle (Med) 36.22; 32, C. Vincent (S'gate) 36.24; 33, M. Connelly (Walton) 36.30; 34, N. Jerome (AFD) 36.38; 35, A. Roberts (Camden) 36.48; 36, T. Baker (Sy. Bgls) 36.55; 37, C. Bird (Ton) 37.11; 38, R. Wilson (Imp. Coll) 37.21; 39, R. Crittenden (Med) 37.25; 40, S. Mead (Thurr) 37.30; 41, R. Cliff (B'ht) 37.44; 42, J. Maynard (Hornsey) 37.51; 43, A. Packham (Shaft) 37.57; 44, C. Jones (AFD) 37.59; 45, A. Barker (M'head) 38.05; 46, J. Blair-Fish (Bel) 38.08; 47, N. Peterson (Mit) 38.12; 48, P. Clarke (Imp. Coll) 38.22; 49, W. Gilby (Horn) 38.24; 50, J. Wilkins (Camb) 38.25. 91 finished.	

Teams:

1. Shaftesbury	(9,14,18,22)	63
2. Medway	(3,27,31,39)	100
3. Aldershot, F & D	(16,34,44,54)	151
4, Eton Manor 170; 5, Southgate 187; 6, Thurrock 222; 7, Herne Hill 234; 8, Imperial Coll. 237; 9, Ilford 279.		

Youths

1. J. Goater (Shaftesbury)	22.56
2. J. Davies (Thames Valley)	23.00
3. B. Smith (Thurrock)	23.25
4, P. Flavell (Ox. City) 23.43; 5, S. Barr (Thurr) 23.46; 6, N. Saunders (S'gate) 23.50; 7, P. Carton (Bel) 23.55; 8, N. Coupland (S'ton & E) 23.06; 9, D. Thomas (S'gate) 24.09; 10, R. Treadwell (Sy. Bgls) 24.10; 11, A. Nash (Shaft) 24.14; 12, J. Lee (Croydon) 24.17; 13, P. Churchward (Wy. Ph) 24.23; 14, D. Cox (W. Grn) 24.30; 15, J. Ovenden (TVH) 24.32; 16, S. Waite (S'ton & E) 24.34; 17, W. Shirley (Basildon) 24.37; 18, A. Thacker (Barnet) 24.41; 19, S. Blackesley (SLH) 24.43; 20, N. Godfrey (S'ton & E) 24.48; 21, S. Galloway (Ports) 24.50; 22, F. Pidgeon (S'ton & E) 24.51; 23, M. Webb (Harlow) 24.52; 24, J. Barrowclough (S'gate) 24.52; 25, S. Ottaway (Swindon) 24.53; 26, M. Goodwin (B'ht) 24.56; 27, A. Bentley (TVH) 25.05; 28, J. Broad (Hav) 25.09; 29, A. Seakins (Guild & G) 25.10; 30, V. Keene (Shaft) 25.11; 31, V. Voller (Shaft) 25.12; 32, N. Jeffrey (S'ton & E) 25.14; 33, M. Puddifoot (TVH) 25.20; 34, D. Stevens (Bexhill) 25.21; 35, T. Razik (Swindon) 25.23; 36, J. Bishop (Thurr) 25.25; 37, C. Trendall (G & G) 25.26; 38, A. Wilson (Bexhill) 25.26; 39, K. Clifford (Wy. Ph) 25.29; 40, J. Bell (Aldershot) 25.30; 41, K. Brackstone (Camb) 25.31; 42, C. Barnett (Andover) 25.32; 43, J. Sherry (Basildon) 25.34; 44, P. Gregory (Hornsey) 25.36; 45, P. Newell (Vale of Ayles) 25.37; 46, D. Sales (Thurr) 25.37; 47, P. Watts (S'end) 25.41; 48, G. Jukes (TVH) 25.42; 49, J. Fudge (AFD) 25.44; 50, J. O'Byrne (Croy) 25.46.	

Teams:

1. Shaftesbury	(1,11,30,31)	73
2. Thames Valley H.	(2,15,27,33)	77
3. Southampton & Eastleigh	(8,16,22,32)	78
4, Thurrock 90; 5, Southgate 95; 6, Wycombe Phoenix 123; 7, Swindon 217; 8, Aldershot 231; 9, Guildford & Godalming 244; 10, Bexhill 246; 11, Barnet 297; 12, Harlow 305; 13, Havering 320; 14, Blackheath 333; 15, Hillingdon 366; 16, Stevenage & NH 366; 17, Surrey AC 366; 18, Ilford 377; 19, Cambridge H. 390; 20, Windsor, S & E 407; 21, Elliott Reed 429; 22, Bracknell 475.		

WELSH CHAMPIONSHIPS

Entries for the Welsh Championships will be accepted on the day. The Juniors, Youths, Boys and Colts Championships take place at Cwmbran Sports Centre (changing accommodation) today, and the Senior Men's, together with the Senior and Junior Women's at Cwmbran on February 27th. The individual entries from last year have been duplicated, but entrants will be required to pay their fees on the day.

Midland Championships

At Bristol, February 13th

Roger Clark Wins Over Home Course

COMPETING on his home course at Blaize Castle, Bristol, last Saturday, Roger Clark ran out an untroubled and very popular winner of the Midland cross-country title. Ian Stewart, with little training behind him because of an Achilles tendon injury, was up with the leaders until—after about four miles—he dropped out on a stiff climb into the wind.

Clark opened up on the second of the three large laps, leaving Dave Lem and Jim Wright about 20 yards down. Next came Colin Kirkham, Ken Bartlett, John Hammond, Nigel Evans and Peter Wood. Clark went on to win by 13 sec from Hammond, who outkicked Kirkham (winner of the Midland '7' in a sprint finish). With Coventry Godiva missing Dick Taylor and Bill Adcocks, the team race was virtually a walkover for Tipton. Even without Allan Rushmer, suffering from a cold, Tipton finished their six scorers in the first 21, had nine men home in 39 and all twelve in the first 60!

Nick Rose completely annihilated the junior field. He, too, was running on his home course and he cruised in 32 sec ahead. After Rose broke away attention switched to the team race, which proved to be a real thriller. Small Heath, whose first man was only seventh, packed in so well that they took the title ahead of Birmingham University thanks to the placing of their last scorer. Coventry Godiva, minus Colin Falconer and John Whewy, were a close third, narrowly in front of Gloucester.

Another comfortable winner was David Black in the youths' race. His club Small Heath, the holders, were however well beaten by Westbury. The field in this race, only about eighty, was the smallest for many years.

David Denton

Seniors

1. R. Clark (Bristol)	45.17
2. J. Hammond (Coventry Godiva)	45.30
3. C. Kirkham (Coventry Godiva)	45.31
4. D. Lem (Birch) 45.34; 5. J. Wright (Tip) 45.38;	
6. K. Bartlett (Cov) 45.57; 7. N. Evans (West)	46.10; 8. P. Wood (Worc) 46.12; 9. R. Grove
(Leic) 46.34; 10. J. Offord (Leic) 46.40; 11. D.	Fownes (Tip) 46.42; 12. K. Bond (Worc) 46.44; 13.
K. Rollason (Tip) 46.59; 14. K. Boydon (Tip)	47.03; 15. A. Reavley (Tip) 47.06; 16. A. Guil-
ford (Dby) 47.08; 17. D. Burborough (West) 47.09;	18. A. Domleo (Dby) 47.10; 19. M. Hewer (Bris)
47.20; 20. R. Cooper (Worc) 47.24; 21. A. Richards	(Tip) 47.26; 22. S. Lynch (GEC/AED) 47.33; 23.
C. Perry (Birch) 47.36; 24. M. Peake (Dby) 47.39;	25. L. Cooper (S. Hth) 47.41.

Teams:	Pts.
1. Tipton	(5,11,13,14,15,21) 79
2. Derby & Cty	(16,18,24,26,31,38) 153
3. Coventry G.	(2, 3, 6,34,63,77) 185
4. Westbury	(7,17,27,40,47,48) 186

5. Worcester	(8,12,20,28,53,65) 186
6. Birchfield	(4,23,30,41,49,50) 197
7. Bristol 260; 8. Small Heath 318; 9. City of	Stoke 410; 10. Leicester C. 410; 11. Notts 421; 12.
Halesowen 617; 13. Kettering 631; 14. Gloucester	643; 15. Shrewsbury 718; 16. Warley 723.

Juniors

1. N. Rose (Bristol)	32.58
2. I. Gilmour (Birmingham Univ.)	33.30
3. J. Boggis (Birchfield)	33.33
4. J. Cadman (Cov) 33.34; 5. R. Brown (B'ham	Un) 34.05; 6. S. McHale (Glos) 34.12; 7. B. Brooks
(S. Hth) 34.21; 8. J. Pope (Glos) 34.25; 9. J.	Kendrick (S. Hth) 34.33; 10. M. Mills (S. Hth)
34.53; 11. M. Jones (Cov) 35.12; 12. M. Pickering	(Birch) 35.13; 13. R. Cytal (Glos) 35.30; 14. R.
O'Brien (Cov) 35.37; 15. J. Aldridge (B'ham Un)	35.45; 16. D. Cunningham (S. Hth) 35.48; 17. I.
White (S. Hth) 36.19; 18. C. Woodhouse (Bris)	36.32; 19. R. Godfrey (Cov) 36.33; 20. P. Winter
(B'ham Un) 36.38.	

Teams:

	Pts.
1. Small Heath	(7, 9,10,16) 42
2. Birmingham Univ.	(2, 5,15,20) 42
3. Coventry Godiva	(4,11,14,19) 48
4. Gloucester	(6, 8,13,24) 51
5. Birchfield 70; 6. Bristol 74.	

Youths

1. D. Black (Small Heath)	19.51
2. D. Moorcroft (Coventry Godiva)	20.04
3. R. Harris (Burton)	20.25
4. M. Gate (West) 20.31; 5. A. Staynings (West)	20.36; 6. T. Colton (Workshop) 20.48; 7. S. Baker
(Notts) 21.07; 8. C. Ridler (West) 21.12; 9. M.	Densley (Birch) 21.16; 10. A. James (West) 21.18;
11. V. Iliffe (Birch) 21.19; 12. V. Rollason (S. Hth)	21.23.

Teams:

	Pts.
1. Westbury	(4, 5, 8,10) 27
2. Small Heath	(1,12,14,21) 48
3. Coventry Godiva	(2,13,18,28) 61
4. Birchfield	(9,11,19,37) 76
5. Leicester C. 101; 6. Derby 131; 7. Gloucester	145; 8. Burton 161; 9. Tipton 165; 10. Broms-
grove & R 185; 11. Worksop 185.	

CHILTERN LEAGUE

The Chiltern League (Division 2) meeting on February 27th, organised by Feltham AC, will be held in Bushey Park with changing facilities at MPL Laboratories, Queens Road, Teddington. For further information, ring Con Milton, Ashford (Middx) 58851.

* * *

Hillingdon AC point out that there will be no field events at their Floodlit Meeting, to be held at Hayes Stadium on April 14th, as the Tartan runways are still being laid. Further information later.

PAYING FOR THE PRIVILEGE

THE really keen athletics fan at Munich next year will be spending close to 70 hours in or near the Olympic stadium! The timetable, published for the first time in Britain, shows that except for the final day the track and field programme will start at 10.00 each morning and—with time out for lunch at the Olympic complex—the spectator can expect to stay in his or her seat until around 18.00.

Unfortunately the enthusiast will have to pay heavily for the pleasure and privilege of watching the Olympics "live". The list of admission prices was published in our issue of January 30th, but now that the timetable is to hand it is easier to work out just how much it is all going to cost. Take a deep breath...

We shall start with the morning sessions. The tickets are priced at DM 20 (£2.25), 15 (£1.69), 10 (£1.12) and 5 (£0.56)—the lowest figure, I understand, being for standing room only. So taking a DM 10 ticket for seven sessions (Aug. 31st, Sept. 1st, 2nd, 3rd, 4th, 6th and 8th) that comes to £7.87.

The afternoon ticket prices are DM 60 (£6.75), 50 (£5.62), 40 (£4.50), 30 (£3.37), 20 (£2.25) and 10 (£1.12). Details of where one sits in the stadium have not yet been issued but the 30-mark tickets are likely to be the cheapest "reasonable" seats. With such a seat on the seven days as above, the cost comes to £23.62.

The organisers are charging even more inflated prices for the events on September 7th ("decathlon day"; a combined morning and afternoon ticket) and September 9th (eight finals, including the marathon and relays). The rates are DM 80 (£9), 70 (£7.87), 60 (£6.75), 50 (£5.62), 40 (£4.50) and 20

(£2.25). Based on 50-mark tickets that's another £11.25.

Total bill for the athletics, then, comes to £42.75—assuming this price range of tickets is available to British customers. Really good seats (one grade down from the highest priced) would set you back almost £67 for the series.

But that's not all! The opening (Aug. 26th) and closing (Sept. 10th) ceremonies are not to be missed, and the tickets for each are DM 100 (£11.25), 80 (£9), 60 (£6.75), 40 (£4.50) and 20 (£2.25).

Enough, enough... but, as things stand at the moment (although travel agents are fighting it), visitors to Munich are obliged to purchase a ticket to some sport on each of the 16 days of the Games. That will still further increase the outlay.

As readers of the Munich Olympic news in this magazine over the last year or so will appreciate, the organisers are tackling their tremendous task with flair, imagination and attention to detail. It is all the more surprising, and regrettable, therefore that the fan is likely to be exploited in this fashion. Of course, they know they can fill the Olympic stadia several times over with the Germans alone but it is surely against the Olympic ideal to price the foreign visitor practically out of the market.

Television will no doubt afford blanket coverage of the Games but there really is no substitute for actually being there, breathing in the exhilarating atmosphere of an Olympics and making one's own tiny contribution to them. You can't do that from your armchair at home.

THE EDITOR

Heats For The 10,000 Metres!

THERE are some interesting departures from tradition in the Munich Olympic timetable. For the first time, heats are scheduled for the 10,000 metres and the event will be held **after** the 5000 metres. Usually the 10,000m is a week or more in advance of the marathon, but in 1972 there will be only three days separating them. Four rounds are set aside for the women's 400 metres and three for the women's 1500 metres which, together with the women's 4x400 metres relay, is a new Olympic event.

The timetable is such that all the normal "doubles" can be attempted except for the 200/400 for men and women. However, the women's 400/800 would be a tough challenge as the 800m final is less than three hours after the second round of the 400m. Heide Rosendahl, Ann Wilson and company can breathe a sigh of relief as—unlike Helsinki—it is possible to compete in both the pentathlon and long jump.

Chi Cheng (who was in London overnight last week with husband Vince Reel on the way from Los Angeles to Paris to receive an award) will have to make a choice between running the 200m or 400m in addition to the 100m and 100m hurdles. On the assumption that she will pick the 200, her timetable will read:

Sept. 1st	11.00	100m	first round
	15.30	100m	second round
Sept. 2nd	14.30	100m	semi final
	17.00	100m	final
Sept. 4th	10.00	100mH	heat
	10.50	200m	first round
	16.10	200m	second round
Sept. 6th	14.45	200m	semi final
	16.45	100mH	semi final
	17.15	200m	final
Sept. 7th	15.30	100mH	final

Good news for decathlon fans is that it will be possible to view the second day's events almost uninterrupted. Starting from 10 in the morning until seven or later in the evening the decathlon will hold the stage with only the women's 100 hurdles final and the men's 1500m heats to divert attention from the pole vault sector of the com-

petition. With all the electronic information equipment available, so that changes in the situation from round to round and event to event can immediately be noted, this will prove to be an enthralling experience for spectators.

Thursday, August 31st

10.00	Long jump, qualification	women
10.00	400 metres hurdles, heats	
10.30	Javelin, qualification	women
11.00	100 metres, first round	men
14.30	800 metres, heats	men
15.00	Long jump, final	women
15.20	20 kilometres walk (start)	
15.30	5000 metres, heats	
16.25	100 metres, second round	men
16.45	(approx.) 20 kilometres walk, arrival	
17.00	800 metres, heats	women

Friday, September 1st

10.00	Pole vault, qualification	
10.00	Discus, qualification	men
11.00	100 metres, first round	women
14.30	400 metres hurdles, semi finals	
15.00	100 metres, semi finals	men
15.15	Javelin, final	women
15.30	100 metres, second round	women
16.00	800 metres, semi finals	men
16.30	5000 metres, final	
17.30	100 metres, final	men
17.45	800 metres, semi finals	women

Saturday, September 2nd

10.00	3000 metres steeplechase, heats	
10.00	Javelin, qualification	men
11.00	Pentathlon, 100 metres hurdles	
11.30	Pentathlon, shot	
12.30	Pole Vault, final	
14.30	Discus, final	men
14.30	100 metres, semi finals	women
15.00	400 metres, first round	women
15.30	Pentathlon, high jump	
15.45	400 metres hurdles, final	
16.30	800 metres, final	men
17.00	100 metres, final	women

Sunday, September 3rd

10.00	10,000 metres, heats	
10.00	Triple jump, qualification	
10.00	High jump, qualification	women
11.00	Pentathlon, long jump	
11.15	200 metres, first round	men
13.30	50 kilometres walk (start)	
14.00	110 metres hurdles, first round	
14.45	400 metres, second round	women
15.00	Javelin, final	men
15.10	200 metres, second round	men
15.30	400 metres, first round	men
16.15	Pentathlon, 200 metres (final event)	
16.45	110 metres hurdles, second round	
17.30	800 metres, final	women
17.30	(approx.) 50 kilometres walk, arrival	

Monday, September 4th

10.00	100 metres hurdles, first round	
10.30	Shot, qualification	women
10.30	Hammer, qualification	
10.50	200 metres, first round	women

11.35	400 metres, second round	men
14.30	110 metres hurdles, semi finals	
14.30	High Jump, final	women
14.55	200 metres, semi finals	men
15.15	1500 metres, heats	women
15.30	Triple jump, final	
15.45	400 metres, semi finals	women
16.10	200 metres, second round	women
16.45	400 metres, semi finals	men
17.15	200 metres, final	men
17.40	3000 metres steeplechase, final	

Tuesday, September 5th

Rest Day

Wednesday, September 6th

10.00	Decathlon, 100 metres	
11.00	Decathlon, long jump	
13.30	Hammer final	
14.30	110 metres hurdles, final	
14.30	Decathlon, shot	
14.45	200 metres, semi finals	women
15.10	1500 metres, semi finals	women
15.30	Decathlon, high jump	
15.40	10,000 metres, final	
16.00	Shot, final	women
16.45	100 metres hurdles, second round	women
17.00	400 metres, final	men
17.15	200 metres, final	women
17.30	400 metres, final	women
18.00	Decathlon, 400 metres	

Thursday, September 7th

10.00	Shot, qualification	men
10.00	Decathlon, 110 metres hurdles	
10.30	Long jump, qualification	men
11.30	Decathlon, discus	
12.30	Decathlon, Pole vault	
15.30	100 metres hurdles, final	women
16.15	1500 metres, heats	men
17.30	Decathlon, javelin	
18.30	Decathlon, 1500 metres (final event)	

Friday, September 8th

10.00	High jump, qualification	men
10.30	Discus, qualification	women
11.00	4 x 100 metres, heats	women
14.30	4 x 100 metres, heats	men
14.30	Shot, final	men
15.10	4 x 400 metres, heats	women
15.20	Long jump, final	men
15.45	4 x 400 metres, heats	men
16.40	1500 metres, semi finals	men
17.10	4 x 100 metres, semi finals	women
17.40	4 x 100 metres, semi finals	men
18.00	1500 metres, final	women

Saturday, September 9th

14.30	High jump, final	men
15.00	Discus, final	women
15.00	Marathon (start)	
15.10	1500 metres, final	men
15.40	4 x 100 metres, final	women
16.00	4 x 100 metres, final	men
16.25	4 x 400 metres, final	women
16.50	4 x 400 metres, final	men
17.10	(approx.) Marathon, arrival	

LEE BARNES

LEE BARNES, who won the 1924 Olympic pole vault title as a Hollywood (California) schoolboy, died last month at the age of 66.

Barnes, only 1.72/5'8" tall, cleared the best height in the world in 1924 with 4.01/13'2" and won the Olympic title in Paris at 3.95/12'11½" after a jump-off with team mate Glenn Graham. It was in this competition that the wooden vaulting box, that was to become standardised throughout the world, was first used.

Barnes set an inter-collegiate record of 4.16/13'8" in 1926, by then a student at the University of Southern California. His coach, Dean Cromwell, described him as "the ideal type of athlete to work with—physically well developed, mentally keen, conscientious and enthusiastic in his training". He thought his technique was "as nearly perfect as I have ever seen" and added: "I don't mind admitting that Barnes taught me more about vaulting than I taught him".

He improved to 4.20/13'9½" in 1927, and at Fresno on April 28th, 1928 he set a world record of 4.30/14'1½" that stood for four years. He was below form in defence of his Olympic title at Amsterdam, placing fifth with 3.95/12'11½". Too late, he cleared 4.19/13'9" in winning in the British Empire v. USA match in London soon afterwards. A rival in that competition was Fred Housden (3.35/11'0").

JAMES HEPBURN

The death occurred at his home in Strathblane on January 23rd of James Oliver Hepburn, a former Bellahouston sprinter who was president of the Scottish Cross-Country Union in 1946. He served as secretary of the Midland District for 21 years.

We also regret to announce the death of David Briault, three-year-old son of Medway's international 5000m runner Tim Briault, of leukaemia.

Liz Johns, née Parsons, won the 60m in 7.5 at the Welsh Indoor Championships at RAF St Athan on February 7th. This was a Welsh indoor best and only a tenth outside the UK best performance.

Verlea AC require fixtures on the following dates: May 1st or 2nd (men only); July 10th or 11th (women only); July 31st or August 1st (men and women). Contact Terry Adams (01-588-4020, Ex. 102, days) or A. McDonald (St. Albans 59857, evenings).

B. Dawkins (Southampton & Eastleigh), winner of the Shaftesbury Colts cross-country at Parliament Hill.

Peter Tempest

NORTHERN WOMEN'S CHAMPIONSHIPS

At Sheffield, February 13th

1. J. Lochhead (Airedale & SV) 19.49
2. J. Perry (Wirral) 20.20
3. G. Tivey (Derby & Cty) 20.22
4. B. Robinson (Bury) 20.36; 5. M. Larkin (Gosforth) 20.48; 6. C. Horsley (Houghton) 21.02; 7. E. Connors (Preston) 21.28; 8. M. Grainger (Bury) 21.48; 9. E. Jervis (H'ogate) 21.58; 10. M. Hepworth (Airedale) 22.18; 11. K. Holden (Preston) 22.24; 12. D. Crossley (Spen'boro) 22.39; 13. L. Halliwell (Wigan) 22.59; 14. C. Ross (Stanley) 23.21; 15. J. Watts (Wall) 23.24; 16. H. Gluson (Spen'boro) 23.25; 17. S. Kirk (Wigan) 23.26; 18. M. Adamson (NSP) 23.31; 19. A. Wilson (Sheff. Un) 23.39; 20. A. Noble (Sheff. U) 23.52; 21. F. Henderson (Blaydon) 23.58; 22. D. Ratcliffe (Bury) 24.05; 23. J. Ross (Stan) 24.06; 24. J. Plews (Sheff. U) 24.18; 25. C. Gregory (Derby) 24.25; 26. A. Barraclough (Airedale) 24.29; 27. J. Cross (Blyth) 24.41; 28. D. Faircloth (F'worth) 24.43; 28. F. Riley (B'urn) 24.56; 30. F. Thompson (B'urn) 24.57.

Teams: 1, Airedale & SV 71; 2, Bury & Radcliffe 74; 3, Sheffield UH 121; 4, Sheffield Univ. 149.

Intermediates

1. J. Haigh (Longwood) 17.03; 2. C. Helsby (Stretford) 17.17; 3. A. Romanovitch (Airedale) 17.21. **Teams:** 1, Stretford 43; 2, Longwood 52; 3, Airedale & SV 52.

Juniors

1. J. Horan (Rossendale) 12.51; 2. C. Beatty (Border) 13.11; 3. M. Worth (Airedale) 13.44. **Teams:** 1, Border 39; 2, Longwood 51; 3, Sale 64.



UK INDOOR ALL-TIME LIST

60m: 6.6 Barrie Kelly 1966; 6.7 Jim Railton 1955, Bob Frith 1968, Chris Monk 1970, Don Halliday 1971; 6.8 Dave Jones 1963, Peter Radford 1963, Joe Speake 1968, Tony Tymms 1968, Les Piggott 1968, Ed Pavitt 1968, Stuart Bell 1969, Paul Pinnington 1969, Ford Dennis 1969, John Kilpatrick 1970, Alan Pascoe 1970, Adrian Thomas 1970, Ian Turnbull 1970, Roger Walters 1970, Gary Vince 1971, David Bennett 1971.

400m: (* 440y time less 0.3) 47.4 Colin Campbell 1969, 47.6 Richard Green 1968, 48.2 Jim Aukett 1971, 48.2* Nick Overhead 1966, 48.5 John Robertson 1968, 48.5 Ralph Banthorpe 1968, 48.7 Ricky Taylor 1971, 48.7 Jon English 1971, 48.7* Peter McMahon 1966, 48.8 Brian Morris 1963, 48.8 Martin Bilham 1968.

800m: (* 880y time less 0.7) 1:49.2 Bob Adams 1969, 1:49.6 Colin Campbell 1970, 1:49.7 John Whetton 1965, 1:50.2 Bob Roberts 1969, 1:50.2 John Greatrex 1970, 1:50.2 Phil Lewis 1971, 1:50.2* Bill Cornell 1964, 1:50.4 John Davies 1971, 1:50.7 Peter Beacham 1965, 1:50.8* Duncan Middleton 1967.

1500m: 3:43.0 John Whetton 1967, 3:44.1 Walter Wilkinson 1970, 3:45.8 Neill Duggan 1963, 3:46.3 Stan Taylor 1963, 3:46.7 Bill McKim 1968, 3:46.9 John Davies 1971, 3:47.5 Phil Banning 1971, 3:47.6 John Kirkbride 1971, 3:48.3 Bob Steele 1971, 3:48.4 John Cadman 1971.

3000m: 7:47.0 Ricky Wilde 1970, 7:55.4 Ian Stewart 1969, 7:56.2 Ian McCafferty 1967, 8:00.4 Peter Stewart 1971, 8:01.6 Andy Holden 1970, 8:02.6 Adrian Weatherhead 1971, 8:04.8 Pete Morris 1971, 8:05.0 Chris Perry 1967, 8:06.6 Alan Simpson 1966, 8:08.0 John Bednarski 1968.

2000mSC: 5:32.4 Ron McAndrew 1970, 5:33.2 Chris Perry 1968, 5:34.0 Bill Ewing 1968, 5:34.0 Mike Dixon 1968, 5:34.8 Bernard Hayward 1971, 5:35.0 Pete Morris 1968, 5:36.6 Gerry Stevens 1968, 5:36.6 Derek Blakeley 1969, 5:36.6 John Richardson 1971, 5:38.4 John Offord 1969.

60mH: 7.8 Laurie Taitt 1963, Mike Parker 1966, Alan Pascoe 1969; 7.9 David Hemery 1969, Graham Gower 1970, Berwyn Price 1971; 8.0 Stuart Storey 1969, Rupert Legge 1971; 8.1 Rod Morrod 1968; 8.2 Nick Winter 1969, Howard Rooks 1971.

HJ: 2.09/6'10" David Livesey 1971, 2.08/6'10" Gordon Miller 1965, 2.05/6'9" Crawford Fairbrother 1961, 2.03/6'8" Mike Campbell 1969, 2.00/6'7" Patrick Mackenzie 1963, 2.00/6'6" David Wilson 1970, 2.00/6'6" Leon Hall 1970, 1.98/6'6" Mike Leary 1960, 1.98/6'6" Phil Taylor 1971, 1.94/6'4" Peter Lance 1970.

PV: 5.03/16'6" Mike Bull 1969, 4.62/15'2" Martin Higdon 1970, 4.57/15'0" David Stevenson 1964, 4.50/14'9" David Lease 1969, 4.42/14'6" Trevor Burton 1965, 4.40/14'5" Steve Chappell 1970, 4.39/14'5" Mike Bryant 1968, 4.35/14'3" Peter Gabbett 1971, Stuart Tufton 1971, Brian Hooper 1971.

LJ: 7.97/26'2" Lynn Davies 1966, 7.77/25'6" Alan Lerwill 1970, 7.73/25'4" John Morbey 1964, 7.60/24'11" Fred Alsop 1965, 7.44/24'5" Peter Templeton 1970, 7.41/24'4" Peter Reed 1966, 7.38/24'2" David Walker 1970, 7.34/24'1" Gwyn Williams 1968, 7.32/24'0" Phil Scott 1970, 7.29/23'11" Tony Tymms 1968, 7.28/23'10" Geoff Hignett 1971.

TJ: 15.99/52'5" Derek Boosey 1969, 15.67/51'5" Tony Wadhams 1970, 15.54/51'0" John Vernon 1968, 15.51/50'10" Fred Alsop 1965, 15.32/50'3" John Crotty 1971, 15.29/50'2" Mike Ralph 1963, 15.19/49'10" Sean Power 1970, 15.05/49'4" Peter Walker 1967, 14.91/48'11" Gerald Evans 1967, 14.90/48'10" Graham Webb 1970.

SP: 19.19/62'11" Arthur Rowe 1962, 18.59/61'0" Alan Carter 1965, 18.13/59'6" Jeff Teale 1969, 18.07/59'3" Geoff Capes 1971, 17.94/58'10" Mike Lindsay 1961, 17.88/58'8" Martyn Lucking 1962, 17.41/57'13" Bill Tancred 1969, 17.15/56'3" Barry King 1965, 16.56/54'4" Tony Elvin 1967, 16.46/54'0" John Watts 1971.

WOMEN

60m: 7.4 Daphne Slater 1963, Mary Toomey 1966, Madeleine Cobb 1969, Janet Stroud 1970; 7.5 Janet Simpson 1963, Della Pascoe 1967, Jenny Pawsey 1967, Sheila Cooper 1968, Jean O'Neill 1968, Maureen Tranter 1969, Marilyn Neufville 1970, Sonia Lannaman 1971, Liz Johns 1971.

400m: 53.0 Marilyn Neufville 1970, 54.8 Rosemary Stirling 1969, 55.8 Maureen Tranter 1970, 56.0 Avril Beattie 1970, 56.1 Jannette Roscoe 1970, 56.4 Maeve Kyle 1966, 56.8 Gloria Dourass 1970, 56.8 Verona Bernard 1971, 56.8 Sandra Dyson 1971, 56.9 Pauline Attwood 1969.

800m: (* 880y time less 0.8) 2:06.5 Rosemary Stirling 1970, 2:06.6 Margaret Beacham 1970, 2:08.7 Sheila Carey 1970, 2:09.1 Norine Braithwaite 1970, 2:09.6 Joan Alfison 1971, 2:09.7* Anne Smith 1966, 2:11.0 Mary Speedman 1969, 2:13.2 Madeline Ibbotson 1963, 2:13.3 Gloria Dourass 1971, 2:13.5* Pat Lowe 1965.

1500m: 4:20.5 Margaret Beacham 1971, 4:22.7 Norine Braithwaite 1970, 4:31.4 Gillian Tivey 1971, 4:31.4 Sheila Carey 1971, 4:31.8 Angela Lovell 1971, 4:33.3 Gloria Dourass 1971, 4:35.7 Paula Yeoman 1970, 4:36.2 Sandra Marquis 1971, 4:39.5 Carol Gould 1971, 4:39.9 Joyce Smith 1970.

60mH: 8.5 Mary Peters 1970, 8.6 Chris Bell 1969, 8.7 Sue Scott 1969, Sue Hayward 1970; 8.9 Liz Sutherland 1969, Anne Edwards 1969, Sheila Garnett 1969, Moira Niccol 1969, Barbara Corbett 1970, Blondelle Thompson 1970, Sharon Colyear 1970, Ann Wilson 1971.

HJ: 1.76/5'9" Barbara Inkpen 1969, 1.75/5'9" Frances Slaap 1962 1.75/5'8" Linda Hedmark 1970, 1.70/5'7" Gwenda Hurst 1964, Janet Honour 1970, Sue Wright 1970, Ann Wilson 1971; 1.67/

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Spotlight on Youth**By Dave Cocksedge****A RARE TYPE OF ATHLETE**

DURING nine years of watching junior athletics in Britain, I have been privileged every now and again to witness the exploits of a rare kind of athlete who has generated a particular kind of excitement. I recall watching 17-year-old John Davies slaughtering the field in the 1966 AAA Junior 880y final; I remember seeing Ian Stewart reel off 3 miles in a European Junior record of 13:39.8 in 1967; and lately, I have watched David Jenkins (17) stride seemingly effortlessly through 400m in 46.5. Another such athlete is Tony Settle. In winning both the English Schools Intermediate and the AAA Youth 800m titles, Tony used his trade-marked tactic to dispose of his opposition—a devastating burst approaching the finish.

"I found winning the schools title the most enjoyable," says Tony. "I had travelled down with the Cheshire team certain that I was not going to win (I must have been the most confident athlete there—confident that I was not going to be first!). The race was quite a hectic one, and there wasn't enough time to think clearly and by the time I'd pulled myself together and got out of the way of the bumping and boring, there was only 200m left. There was a group of four or five in front coming off the final turn, and I had to kick hard to get around them. Entering the straight, I was ahead, and to my surprise, no one challenged me all the way to the tape."

Anthony John Settle was born in Sale on December 9th, 1953, stands 1.78/5'10", and weighs 57kg/126lb. A pupil at Sale Grammar School, he is a member of Sale Harriers, and is coached

by that famous producer of Sale material, Alan Robertshaw. He has run 200m in 23.8, 400m in 50.5, 800m in 1:54.6 (in winning the AAA Youth title) and 1500m in 4:07.1. "I suppose the 800 would be my favourite event," says Tony, "mainly because I have been fairly successful over the distance. But during the later stages of the season I became bored with it, and dropped down to the 400 which I came to prefer. I would have liked to have tried the 1000m steeplechase but with the National Leagues carrying on till the end of the year, I was afraid of injuring myself."

The remarkable aspect of Tony's success is the admitted fact that he is not yet fully committed to the sport. "I was invited to join Sale after a schools meeting two years ago, and as yet I cannot say that I have taken my athletics very seriously," he says with a smile. This is not to say that he hasn't given the matter a lot of thought: "I would like to take a broader look at athletics in 1971, probably try a few of the events which I have not yet tried, and enjoy myself. As for all time, I'd like to carry on improving and perhaps become an asset to British athletics in general."

Training for Tony is nevertheless quite severe, as his schedule for a typical week in summer indicates. Sunday—3x300m (400 recovery), 6x100m, 4 miles run. Monday—8x200, 8 miles run. Tuesday—Long run, or 9-12x100m. Wednesday—1x300, 3x200, 4 miles run. Thursday—as Monday. Friday—Rest. Saturday—Race. A typical week in winter: Sunday—12-15 miles steady running. Monday—3x1 mile, 8 miles steady. Tuesday—up

Tony Settle takes the AAA Youth 800m title in 1:54.6 from Graham Side (23) and Philip Dunn.



G. Herringshaw

to 10 miles relaxed running. Wednesday—25x200. Thursday—11 miles easy. Friday—Rest. Saturday—cross country or road race.

"Having only been in the sport for a short time I think it's hard to say where my limits lie over 800m, but I'm sure I could have gone faster than I did over 800 last season. I'd like to run more 1500's in 1971, but more as an experiment than a deliberate attempt at moving up. In summer, training is varied so that it does not become boring. I find that I am lucky at Sale for we have an abundance of middle distance runners at senior level, and I can train regularly with Mal Rothwell and John Davies.

"I feel that I am extremely lucky to be in such a great club. The track is always in an excellent condition both for racing and training. There is

much needed to raise the standard of athletics, though. A good starter would be better connections between clubs and schools. Too many clubs wait for the young athletes to come knocking on the door, and this will just not happen any more. Unless their interests are directed into athletics they will turn to football and other sports.

"It could be said that if Alan had not asked me to join Sale I would never have started at all. He helped me enormously when I had a bad tendon injury last year, and was on the point of giving up." Tony is now hoping for an injury-free winter and looking forward to next summer. Who does he count as his biggest rivals? "At this stage there are many people who are better than me, but the biggest name must be John Davies—he's an up and coming young athlete!"

AIMING FOR A 4:06.0 MILE

IT was not until late into the 1970 summer season that Graham Side showed an astonished track world what he could do over 1 mile. Until then he had contested only the 800m in all his big title races—the Southern, English Schools and AAA Youth events, where he finished first, third and second. In mid-August, he lowered the UK best by a 15-year-old for the two laps to 1:55.6, but his best effort was yet to come. Running in a BMC mile event at Cambridge on August 29th, Graham sprinted away from the field on the final

lap to win in 4:15.6, a time that snipped a tenth of a second off the World's fastest for the distance by a 15-year-old, held by American John Drew. A month later, now just turned 16, Graham toured the distance in 4:14.1 in demolishing another top BMC field at Harlow. Suddenly people began to realise that here was another top class youngster on the way up, and that Andrew Barnett was far from being alone among World age record breakers in the middle-distance ranks. Graham Side had arrived.

Yet Graham is strangely unmoved by any of the success and praise that has since come his way. Asked which race he considers to be his most memorable, he counters: "None really. I don't feel that I have been able to get into a race properly yet and really let go. This is nothing to do with the way I've run them, but just that I've never been able to pull everything out at the right time. At the Southern and in the BMC Championships, although I won my races, I always felt that I could have gone faster, and that goes for my 4:14.1 at Harlow as well."

Does he plan to run the 1500m and mile distance more regularly now? "I'm obviously pleased with my improvement, and I'll try to run faster this year, of course, but my main event will still be the 800. I'm planning to run that event in all the major championships in 1971."

Graham David Side was born in Hampstead, London, on September 13th, 1954, stands 1.66/5'5½", weighs 57kg/125lb, attends Winchmore Comprehensive School and is a member of Southgate Harriers. His coaches are Southgate's Sandy Grey and Alan Jelf, the men who have been behind the extraordinary success of the Southgate Boys' road and cross-country teams of late. Graham has run 200m in 23.9, 400 in 53.6, 800 in 1:55.6, 1500 in 3:57.1, mile in 4:14.1, 3000m in 8:44.0 and 5000m in 15:21.8; quite a formidable range of marks for anyone, let alone a youth.

"I was introduced to athletics at school," Graham says, "and I ran mainly cross-country,



Graham Side wins Indoor 800m in 1:58.7 at Cosford.
Tony Duffy

continued on page 15

FOOTBALL

EX-SPURS ALL STARS XI

v.

**INTERNATIONAL ATHLETES
SELECT XI**

Harlow Sports Centre
Sunday, 21st March, 1971

Kick-off 3 p.m.

Autographed match ball to holder of winning programme

ADMISSION BY PROGRAMME ONLY, 15p

Apply to B.M.C. Regional Secretaries :

SOUTH—Frank Horwill, 201 Sumatra Road, London, N.W.6 (Tel: 01-435-5271).

EAST—Cecil Smith, 404 Brockles Mead, Harlow, Essex.

MIDLANDS—Tony Saunders, 2 Parkdale, Off Tettenhall Road, Wolverhampton, Staffs.

NORTH-WEST—Eddie Powell, 7 Trinity Avenue, Sale, Cheshire.

NORTH-EAST—Gordon Surtees, 8 Greenwood Road, Cowpen Estate, Billingham, Tees-side.

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though I did very little by way of training, except the occasional trot around the school field. I joined Southgate in June 1968, at the age of 13, through some sixth formers who were already members, and I took training quite seriously from the start, packing in three sessions a week and competing most Saturdays. Since then, Graham's training load has grown to six and seven days per week, including races in both summer and winter.

A typical week in summer: Sunday—1M jog, exercises, then either 30 min. paarlauf (200m reps) or a severe hill session; Monday—2M jog, 20-25 hill reps (Hill is 250y long, and 1 in 6 steep). Tuesday—1M jog, either 5x300m flat out with 5 min recovery, or 5x400m in 55 sec average (5 min recovery), jog warm down. Wednesday—Rest or steady 5-8M run. Thursday—1M jog, 10x150m on grass or 8x200 with 30 sec recovery. Friday—2-3M steady, runs easily if hard race the next day. Saturday—Race, or 7-8M Fartlek.

A typical week in winter: Sunday—Hard 10-12M run on the roads or 4x1M in 4:30.0 (average) with 5 mins. recovery, or 3x2M in 9.30 average with 10 mins. recovery. Monday—6M fartlek or steady run of 6-8M. Tuesday—Gym session (no weights, followed by 6-7M easy running. Wednesday—4-5M steady to hard running. Thursday—2M jog, 3 or 4x1M hard with 5 mins. recovery followed by 3M hard. Exercises. Friday—Rest or

4M easy. Saturday—Race, or 8M fartlek. "These sessions are a minimum," explains Graham, "sometimes when I have time, I do three weekly 2M runs in the morning before school."

"I would say that coaching has helped me a great deal, and contributes about 50 per cent towards what I've achieved so far," he continues. "I have a fair amount of natural ability, but without coaching, and clubmates to train with, I would never have been able to exploit it. At the moment I'm aiming for a 1:53 800 in 1971 and a big improvement in my 1500/mile times—down to around 3:47 and 4:06. Although these times may seem pretty ambitious, you must remember that this year I will be one of the oldest AAA Youths in the country, and I just miss becoming an AAA Junior by 13 days. European Juniors are capable of these times with ease these days."

Graham's elder brother was a keen cross-country runner whilst at school, but "he never took it up seriously—now he joins the rest of the family as a keen supporter of mine." His interests are the usual among teenagers—girls, parties, etc., though he obviously finds that training and school work take up most of his time.

Graham Side is an ambitious young man who also professes to have a deep love of the sport. "Apart from the obvious, an Olympic gold in record time, I just want to go on running as well as I can, and for as long as I can. There's something so satisfying about it."

UK INDOOR LIST contd. from page 11

5'6" Pat Veals 1961, Dorothy Shirley 1962, Yvonne Saunders 1968.

LJ: 6.53/21'5" Mary Toomey 1966, 6.33/20'9½" Ann Wilson 1970, 6.33/20'9½" Barbara Inkpen 1970, 6.23/20'5½" Sue Scott 1970, 6.07/19'11½" Alix Stevenson 1964, 6.03/19'9½" Sheila Sherwood 1966, 6.02/19'9" Ruth Martin-Jones 1971, 5.97/19'7" Maureen Chitty 1969, 5.97/19'7" Barbara-Anne Barrett 1971, 5.89/19'4" Jackie Franklyn 1969.

SP: 16.40/53'9½" Mary Peters 1970, 14.88/48'10" Brenda Bedford 1969, 14.55/47'9" Sue Allday 1964, 14.12/46'4" Gay Porter 1971, 13.54/44'5½" Heather Stuart 1971, 13.16/43'2½" Janis Kerr 1971, 13.01/42'8½" Kathryn Duckett 1966, 12.96/42'6½" Val Woods 1962, 12.96/42'6" Rosemary Payne 1970, 12.70/41'8" Wendy Blackwood 1970.

THAMES VALLEY HARRIERS

27th Annual Under AAA Laws

ROAD RELAY RACE

(5x1 lap of approx. 3½ Miles)

From Memorial Hall, Cranford, Middx.

On Saturday, 20th March, 1971, at 3 p.m.

Prizes: First 4 teams and first Vets. team; Plaques 3 fastest ind. laps. Lap Rec: R. Holt (H/W) 15.49. Course Rec: Hercules Wim. 1:21.44. Entries (37½p per team. Vets. 3 laps 25p per team) to Les Pulman, 98 The Avenue, West Ealing, London, W13 8LA.

ENTRIES CLOSE TUESDAY, 9th MARCH

LONDON COLLEGES LEAGUE (Divs. 1 & 2)
At Petersham, January 20th

1. D. Gunstone (LSE)	26.56
& J. Dobson (Bedford C)	26.56
3. C. Haines (City)	27.14
4. R. Tiner (Mx H) 27.33; 5. J. Newcombe (RVC)	27.37; 6. R. Reeves (QMC) 28.05; 7. W. Eldridge (BRC) 28.14; 8. Walker (RVC) 28.16; 9. Brady (SMC) 28.27; 10. G. Stogdon (QMC) 28.35; 11. Phelan (SMC) 28.50; 12. Brooks (SBH) 28.58; 13. Shepherd (KCL) 29.06; 14. Dabrowski (IC) 29.07; 15. Phelps (IC) 29.08; 16. Smyth (SMC) 29.13; 17. Atkin (RVC) 29.20; 18. Dooling (SMC) 29.23; 19. Smith (Brunel) 29.31; 20. Chamberlain (QMC) 29.33; 21. K. Summerlee (QMC) 29.34; 22. Linwood (Brunel) 29.35; 23. Parker (IC) 29.36; 24. Clayton (UC) 29.38; 25. Turner (RVC) 29.39; 26. Borley (UC) 29.46; 27. Cull (RVC) 29.50; 28. Wessel (LSE) 29.51; 29. Crompton (LSE) 29.55; 30. Traenor (SMC) 29.59.

Teams: (Div. 1) 1, Royal Vet. College 388; 2, St. Mary's Coll. 386; 3, Queen Mary Coll. 376; 4, Imperial Coll. 354; 5, London School of Econ. 320; 6, Borough RC 'B' 301; 7, University Coll. 283; 8, St. Barts' Hosp. 247; 9, Brunel Univ. 246; 10, King's Coll. 244. (Div. 2) 1, City Univ. 446; 2, Kingston Poly 438; 3, Royal Vet. Coll. 'B' 420; 4, Queen Mary Coll. 'B' 408; 5, Hendon CAT 398; 6, London Hosp. 377.

The South East Essex League takes place today at Chigwell Row. Changing accommodation is at Kingswood School, first race at 2.30.

WORLD TEENAGE 'RECORDS'

Compiled by Dave Cocksedge, with acknowledgments to Hugh Gardner

100 METRES

16	10.4	Hermes Ramirez (Cuba)	1964
17	10.2	Hermes Ramirez (Cuba)	1965
	10.2	Bill Gaines (US)	1966
18	10.0	Willie Turner (US)	1967
19	10.0	Harry Jerome (Canada)	1960
Noteworthy 100 yards marks:			
13	10.2	Don Webster (US)	1958
	10.2	Ennis Jones (US)	1964
	10.2	Ken Curl (US)	1966
14	9.9	Charley Moch (US)	1963
15	9.5	Walt Henderson (US)	1966
16	9.5	Dick Stebbins (US)	1962
	9.5	Jeff Williams (US)	1962
	9.5	Warren McVea (US)	1963
	9.5	Onia Bates (US)	1966
	9.5	Howard Williams (US)	1967
	9.5	Gene Pouncy (US)	1968
19	9.1	Willie McGee (US)	1970

200 METRES

(* 220y time less 0.1 sec)			
14	21.9*	Charley Moch (US)	1963
15	21.1*	Ken Curl (US)	1968
16	21.0*	Onia Bates (US)	1966
17	20.6*	Phil Underwood (US)	1966
18	20.1*	Willie Turner (US)	1967
19	Inferior to 18-year-old record		

400 METRES

(* 440y time less 0.3 sec)			
14	49.2*	Don Webster (US)	1959
15	46.4*	Don Webster (US)	1960
16	46.2*	Don Webster (US)	1961
17	Inferior to 16-year-old record		
18	45.2*	Dave Morton (US)	1968
	45.2*	Edesel Garrison (US)	1969
19	44.9	Wayne Collett (US)	1968

800 METRES

(* 880y time less 0.7 sec)			
14	1:56.5	Andrew Barnett (UK)	1970
15	1:53.1*	Bruce Bess (US)	1960
16	1:49.7*	Larry Kelly (US)	1964
17	1:48.5*	Dennis Carr (US)	1963
	1:48.5*	Bob Hose (US)	1964
18	1:46.5*	Neville Myton (Jamaica)	1964
19	1:44.2*	Jim Ryun (US)	1966

1500 METRES

(* During 1 Mile race)			
13	4:08.2	Andrew Barnett (UK)	1969
14	3:59.0	Andrew Barnett (UK)	1970
15	3:57.5	David Glassborow (UK)	1970
16	3:49.7	Jim Ryun (US)	1963
17	3:39.0	Jim Ryun (US)	1964
18	Inferior to 17-year-old record		
19	3:36.1*	Jim Ryun (US)	1966

1 MILE

(i—indoor mark)			
	4:29.0	Andrew Barnett (UK)	1969
	4:24.1	Andrew Barnett (UK)	1970
	4:15.6	Graham Side (UK)	1970
	4:07.8	Jim Ryun (US)	1963
	4:07.4i	Dave Merrick (US)	1970
17	3:59.0	Jim Ryun (US)	1964
18	3:55.3	Jim Ryun (US)	1965
19	3:51.3	Jim Ryun (US)	1966

5000 METRES

15	14:42.8	Wolfgang Pieper (E. Ger)	1971
16	14:30.0	Bruce Kidd (Canada)	1960
17	13:56.4	Bruce Kidd (Canada)	1961
18	13:43.8	Bruce Kidd (Canada)	1962
19	13:39.8	Steve Prefontaine (US)	1970
Noteworthy 3 Miles times:			
18	13:17.0	Bruce Kidd (Canada)	1962
	13:17.0	Gerry Lindgren (US)	1964
19	13:04.2	Gerry Lindgren (US)	1965

10,000 METRES

(t—time trial)			
15	31:19.8t	Lawrence Reilly (UK)	1970
16	31:10.0	Ian Whittle (UK)	1968
17	30:54.8	Hans-Joachim Truppel (E. Germany)	1968
18	29:02.0	Gerry Lindgren (US)	1964
19	28:24.4	David Bedford (UK)	1969
Noteworthy 6 Miles time:			
17	29:15.8	David Bedford (UK)	1967
19	27:11.6	Gerry Lindgren (US)	1965

MARATHON

15	2:34:21	Mike Baer (US)	1969
16	2:31:33	Craig Streichman (US)	1968
17	2:23:04	Chuck Smead (US)	1969

3000 METRES STEEPLECHASE

15	9:46.2	David Poretti (US)	1965
16	9:21.6	John Davies (UK)	1969
17	9:05.6	Eduardo Pinedo (Spain)	1969
18	8:51.0	Benjamin Kogo (Kenya)	1964
19	8:42.0	Andrew Holden (UK)	1968
	8:42.0	Waldemar Cierpinski (E. Ger)	1969

110 METRES HURDLES

(y—120yH time)			
16	14.5	Klaus Fielder (E. Germany)	1968
	14.5	Hans-Ullrich Ludwig (E. Ger)	1970
17	13.8y	Richmond Flowers (US)	1965
18	13.5y	Bill High (US)	1969
19	13.3	Guy Drut (France)	1970

400 METRES HURDLES

17	51.6	Yevgeniy Gavrilenko (USSR)	1968
18	49.7	Eddie Southern (US)	1956
19	Inferior to 18-year-old record		

HIGH JUMP

13	1.75/5'9"	Joe Faust (US)	1966
14	1.90/6'2½"	John Marchiolatt (US)	1969
14	1.90/6'2½"	Jurgen Wildfoster (W. Ger)	1969
15	2.04/6'8½"	Joe Faust (US)	1968
16	2.13/7'0"	Emil Rossouw (S. Africa)	1970
17	2.21/7'3"	Reynaldo Brown (US)	1968
18	Inferior to 17-year-old record		
19	2.25/7'4½"	Valeriy Brumel (USSR)	1961

POLE VAULT

14	4.19/13'9"	Bob Crites (US)	1968
15	4.55/14'11½"	Rudi Woik (W. Germany)	1968
16	4.87/16'0"	Paul Wilson (US)	1964
17	5.18/17'0"	Casey Carrigan (US)	1968
18	5.30/17'4½"	Casey Carrigan (US)	1969
19	5.40/17'8½"	Francois Tracanelli (Fra)	1970

LONG JUMP

14	7.12/23'4½"	John Simmons (US)	1946
15	7.48/24'6½"	Curt Anders (US)	1966
16	7.68/25'2½"	John Johnson (US)	1964
17	7.89/25'10½"	Heulon Hewitt (US)	1968
18	8.02/26'4"	Jerry Proctor (US)	1968
19	Inferior to 18-year-old record		

TRIPLE JUMP

13	12.95/42'5½"	Rigsby Agoreyo (UK)	1970
14	13.71/45'0"	Mike Woods (US)	1960
15	14.51/47'7½"	Peter Dale (UK)	1968
16	15.54/50'11½"	Randy Williams (US)	1970
17	15.75/51'8"	Mike Woods (US)	1963
18	15.75/51'8"	Anatoliy Kainov (USSR)	1964
18	16.02/52'6½"	Anatoliy Kainov (USSR)	1966
19	16.18/53'1"	Pertti Pousi (Finland)	1966

SHOT (16 lb)

16	16.25/53'4"	Gary Gubner (US)	1959
17	18.62/61'1½"	Sam Walker (US)	1968
18	19.38/63'7"	Dallas Long (US)	1959
19	20.20/66'3½"	Randy Matson (US)	1964

DISCUS (2 kilo)

14	39.04/128'1"	Ercolino Delli (Italy)	1939
15	43.28/142'0"	Alvin Jackson (US)	1970
16	50.54/165'10"	Marcel Mangual (Port)	1967
17	54.00/177'2"	Feliks Pevzner (USSR)	1968
18	57.58/188'11"	Boris Korayev (USSR)	1968
19	58.28/191'2"	Boris Korayev (USSR)	1969

HAMMER (16 lb)

15	54.86/180'0"	Alvin Jackson (US)	1970
16	55.86/183'3"	Gheorge Custache (Rumania)	1963
17	62.86/206'3"	Sergey Korobov (USSR)	1969
18	64.40/211'3"	Jacques Accambray (France)	1968
19	68.22/223'10"	Jacques Accambray (France)	1969

JAVELIN

14	54.00/177'2"	Egil Danielsen (Norway)	1948
15	68.28/224'0"	Dick George (US)	1969
16	73.94/242'7"	Craig Stiles (US)	1969
17	77.02/252'8"	Mark Murro (US)	1967
17	77.02/252'8"	Aimo Puska (Finland)	1969
18	83.22/273'0"	Mark Murro (US)	1968
19	89.20/292'8"	Mark Murro (US)	1969

DECATHLON

16	6,202	Dixon Farmer (US)	1957
17	7,319	Stefan Junge (E. Germany)	1968
18	7,602	Eberhard Stroot (W. Ger)	1970
19	7,632	Aleksandr Blinayev (USSR)	1970

RESULTS IN BRIEF

January 16th

Aldershot, F & D 48, London Irish 61, Hercules Wimbledon 62, at Wimbledon. 1, P. O'Connor (LI) 25.57; 2, D. Curwell (AFD) 26.35; 3, G. Bradbury (HW) 26.37.

Queen Mary College "7½" at Dyctheys. 1, C. Garforth (CUAC) 41.04; 2, D. Hardin (CUAC) 41.19; 3, M. Quanne (Vic. Pk) 41.56; 4, G. Tebbutt (Ex) 42.00; 5, Bird (Leeds) 42.20; 6, Barnard (Leeds) 42.29; 7, Horner (OUAC) 42.34; 8, D. Gunstone (LSE) 42.48; 9, Knight (Leeds) 43.04; 10, G. Stogdon (QMC) 43.08; 11, R. Reeves (QMC) 43.28; 12, Jackson (Kt) 43.41; 13, Goodwin (Unatt) 43.46; 14, Cordrey (CUAC) 43.49; 15, M. Emms (Wood. Grn) 43.50 (114 finished). **Teams:** 1, Cambridge Univ. 100; 2, Leeds Univ. 113; 3, Oxford Univ. 157; 4, Queen Mary Coll. 240; 5, Sussex Univ. 242; 6, St. Mary's Coll. 323; 7, London School of Econ. 350; 8, Univ. Coll. (London) 405; 9, Imperial College 408; 10, Essex Inst. of Agric. 581.

February 6th

Metropolitan Police Championships, at West Wickham. 1, K. Hutchins 32.16; 2, J. Jeffrey 32.35; 3, R. Small 33.00; 4, G. Esson 33.20; 5, G. Pether 33.28; 6, J. Forster 33.39; 7, J. Backley 33.48; 8, P. Smith 33.48; 9, I. Woodhead 33.48; 10, W. Anderson 33.56. **Handicap:** D. Vinicombe 30.48. **Teams:** 1, Islington 29; 2, Training School 30; 3, Hammersmith 31.

Hercules Wimbledon 25, Thames H. & H 56, Luton U 76, Bank of England 77, Imperial Coll. 91. 1, M. Fuller (HW) 25.39; 2, J. Booth (TH & H) 26.07; 3, B. Collins (HW) 26.12; 4, P. Honi-ball (TH & H) 26.27; 5, D. Swanson (BoE) 26.37; 6, J. Fletcher (HW) 26.39.

HILLINGDON A.C. (LADIES SECTION)

SHAFTESBURY RELAYS

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

Hayes Stadium, Judgeheath Lane, Hayes

SATURDAY, MARCH 20th, at 2 p.m.

Seniors 4 x 2 Miles

Inters. 4 x 1½ Miles

Juniors 4 x 1 Mile

Trophies for 1st team and prizes for the first 3 teams in each age group. Fastest lap prize each age group.

Entry Fee: 40p per team. **Entries to Mrs. S. Parker, 145 The Ridgeway, North Harrow, Middlesex, Tel: 01-866-4588.**

ENTRIES CLOSE MONDAY 15th MARCH

Who's Who in British Athletics

DAVID KIDNER

Full name: David Frederick Kidner. Born in Middlesex, 23.8.1949; 1.90/6'3", 86kg/190lb; 42" chest; 58 pulse at rest; student; Thames Valley Harriers and Loughborough Colleges; single; no coach.

"I have always been interested in athletics as a spectator sport but I began to compete in 1964 when I found that I had some ability at long jump." Favourite event now is decathlon. Best marks: 110mH—15.2w & 15.6, HJ—1.94/6'4", PV—3.80/12'5½", LJ—7.29/23'11", TJ—14.60/47'11"w, SP—13.40/43'11½", DT—38.16/125'2", Dec—6117. Annual progress: 1964—5.46/17'11" (LJ); 1965—6.04/19'10"; 1966—6.86/22'6", 5215 (Dec); 1967—7.11/23'4"w, 6027 (jnr implements); 1968—7.13/23'4½", 6098; 1969—6.94/22'9½" (injured most of season); 1970—7.29/23'11", 6117. GB junior international 1968; 9th Commonwealth Games decathlon 1970 (no pole vault clearance).

Most pleasing performance was "jumping 6 feet—for the first time—indoors at Loughborough in January 1970. This performance was especially pleasing as I had to change take-off legs in September due to a bad knee injury". Greatest disappointment: "Being unable to do any athletics for 11 months due to a back and knee injury, and consequently losing a great deal of strength and fitness". Target is "to try and get all my events up to a reasonable standard and consistency, and to learn to vault with a fibre-glass pole". Most likes the "competitiveness" of athletics. Dislikes "1500 metres, macaroni, people who make noise in the weights room by throwing weights around."

Views on administration: Considering that amateur officials are trying to do a professional job, they are I feel doing very well. However, the root cause of the problem is lack of money and until this is forthcoming very little can be done. The athletic successes of East Germany, Russia and France have not been built on good, intelligent coaching, but on plentiful supplies of money which enabled these good, intelligent coaching schemes to come into operation. Grandfather was successful in shot and hammer events at Highland Games.

RICKY TAYLOR

Full name: William Richard Taylor. Born at Ayr (Scotland), 8.11.1950; 1.76/5'9½", 66kg/145lb; 38" chest; 52 pulse at rest; joiner; Ayr Seaforth AC; single; coached by Sandy Ewen; lives at Ayr.

"Grandfather, who was a professional athlete, took me to the local athletics club, where I met Sandy Ewen who took it from there. That was in 1963". Began at 440y and 220y; favourite events now are 400m hurdles, 400m and 200m. Best marks: 100m—10.7 (1970), 200m—21.2w (1970) and 22.0 (1969 & 1970), 400m—47.2 & 45.7 relay

leg (1970), 400mH—52.1 (1970). Annual progress: 1965—55.7 (440y); 1966—23.7 (220y), 52.0; 1967—22.6, 49.9; 1968—10.2 (100y), 22.4, 49.8, 55.8 (440yH); 1969—11.1w (100m), 22.0 (200m), 48.7 (400m), 52.9 (400mH); 1970—10.7, 21.2w/22.0m, 47.2m, 52.1m. AAA Junior 400mH champion 1969; GB international 1970; semi-finalist Commonwealth Games 400mH.

Most pleasing performance was "finishing 2nd in the British Games 400m in 47.2". Greatest disappointment: "Finishing 6th in Commonwealth Games 400m hurdles semi-final when four of us finished in a line". This year's target is "to make European Championships team." All-time goal is "Olympic medal". Intends competing "until I stop enjoying my athletics".

Most likes "travel and meeting people"; dislikes "wet, soggy tracks". Views on administration: "Good generally but some officials should try to see the athlete's point of view on certain matters". Young brother, Douglas, won Ayrshire and South Western District Cross-Country Championships twice in a row as a senior boy.

TONY COLLINS

Full name: Tony William George Collins. Born in London, 28.10.1949; 1.88/6'2", 84kg/186lb; 43" chest; metal finisher; Herne Hill Harriers; married; coached by Kev Kelly; lives at Norwood (London).

Started athletics at school "and just carried on from that". Began at 100y; favourite event now is 400m hurdles. Best marks: 200m—21.9 (1970), 440y—49.1 (1967), 400mH—51.7 (1969). Annual progress: 1966—22.7 (220y), 50.1 (440y); 1967—22.2, 49.1, 39.9 (330yH); 1968—52.9 (400mH); 1969—21.9w (200m), 51.7; 1970—21.9m, 52.2. AAA Junior 440yH champion 1968; semi-finalist 1970 Commonwealth Games.

Most pleasing performance was running 51.7. Greatest disappointment: "My bad run in the Commonwealth Games." This year's target is "to enjoy my running". All-time goal is "to win a gold medal". Intends competing "until I no longer enjoy it". Views on administration: "Could be worse". Sister, Anita, ran 11.8 100y as junior in 1968.

CHRIS CHEETHAM

Full name: Christopher William Cheetham. Born at Haslemere (Surrey) 26.7.1950; 1.73/5'8", 70kg/154lb; 64 pulse at rest; student, Borough Road College and Surrey AC; married, one son (1 year old); coached by Orien Young; lives in Portsmouth.

Became interested in athletics in 1963 "through school sports, city sports, etc." Began at 100y, 220y and long jump. Favourite event now is 100m. Best

marks: 100y—9.7 (1968), 100m—10.6 & 10.5w (1970), 200m—21.6 (1970). Annual progression: 1962—11.1 (100y); 1963—10.9; 1964—10.3; 1965—10.1; 1966—9.9w; 1967—9.9/9.8w, 22.1 (220y); 1968—9.7, 10.8m, 21.9; 1969—10.6, 22.0; 1970—10.6/10.5w, 21.6m. English Schools Intermediate 100y champion 1966; English Schools 100y champion 1968; GB international 1970.

Most pleasing performance was "winning 1968 Southern 100y title". Greatest disappointment: "None come immediately to mind". This year's targets are: "to concentrate on college work and family"; all-time goal is "Olympic final". Intends competing "Until other things become more important."

Most likes "the personal challenge". Dislikes "badly organised meetings, and travelling back from meetings". Views on administration: "Needs overhauling—the majority of officials are genuine, but some . . ."

KENT WOMEN'S TRACK LEAGUE

Kent Women's Track & Field League dates (all Sundays): May 2nd at Ladywell Park; June 13th at Dartford; August 1st at Chatham; September 5th at Crystal Palace. All correspondence relating to the League or the Kent Women's AAA should be sent to the County Secretary, Dave Franklin, 55 Bower Road, Hextable, Swanley, Kent (Swanley 3349).

HALIFAX & DISTRICT CC CHAMPIONSHIP

At Pudsey, January 23rd

1, P. Braithwaite (Bingley) 40.03; 2, C. Taylor (Airedale & SV) 40.27; 3, A. Spence (Bing) 40.32; 4, A. White (Long) 40.54; 5, R. Harrison (ASV) 41.11; 6, J. McGrow (Long) 41.55; 7, R. Belk (ASV) 42.24; 8, A. Dewhirst (ASV) 42.24; 9, J. Temperton (ASV) 42.24; 10, B. Quinlan (Long) 43.01. Teams: 1, Airedale & SV 31; 2, Bingley 46; 3, Longwood 58.



Nina Silburn—junior



Julie van Cuylenburg—intermediate

Peter Williams

KENT SCHOOLS CROSS-COUNTRY CHAMPIONS

Northern Ireland Women's 'Top 10' 1970

Key: Albert Foundry—AF; Ballymena AC—BA; Belfast Ladies AAC—BL; Shorts AC—SH; Craigavon AC—CR; Girls Model—GM, Ulster College of PE—UC.

100m: 11.9 N. McGarvey (BA & UC); 12.0 M. Kyle (BA); 12.0 L. Greenlees (SH); 12.1 L. Teskey (BL); 12.2 A. Wilson (SH); 12.3 M. Peters (AF); 12.4 A. DeGregory (UC); 12.4 L. McCurry (SH); 12.5 J. Davidson (BA). Windy: 11.8 McGarvey; 11.9 A. Lynch (BA); 12.0 Teskey.

200m: 24.5 M. Peters (AF); 24.6 N. McGarvey (BA & UC); 25.1 L. Teskey (BL); 25.6 A. Young (GM); 25.8 A. Wilson (SH); 25.8 L. Greenlees (SH); 25.8 E. Wright (CR); 25.9 M. Kyle (BA); 26.2 A. DeGregory (UC); 26.4 L. McCurry (SH). Windy: 24.0 McGarvey; 24.3 Peters; 25.1 DeGregory.

400m: 55.3 M. Kyle (BA); 57.2 A. Lynch (BA); 58.1 A. DeGregory (UC); 58.5 L. White (BA); 58.8 L. Teskey (BL); 60.8 L. Greenlees (SH); 61.0 C. Trenier (CR); 61.2 A. Kirkpatrick (BA); 61.7 E. Lewis (SH); 62.4 E. Wright (CR).

800m: 2:06.0 A. Lynch (BA); 2:19.7 E. Wright (CR); 2:20.6 C. Trenier (CR); 2:24.6 A. Kirkpatrick (BA); 2:30.4 L. White (BA); 2:32.1 J. Dick (SH); 2:32.5 P. McNally (BA); 2:32.5 A. Jennings (CR); 2:34.4 L. Teskey (BA); 2:36.5 L. Dunne (BL).

1500m: 4:52.0 A. Lynch (BA); 4:59.8 C. Trenier (CR); 5:17.2 A. Kirkpatrick (BA); 5:18.5 L. Dunne (BL); 5:27.6 B. Irwin (UC); 5:39.5 J. Dick (SH); 5:44.2 J. Montgomery (UC); 5:56.8 E. Blair (UC);

100mH: 13.6 M. Peters (AF); 15.4 A. Greer (CR); 16.4 E. Wright (CR); 16.5 J. Davidson (BA); 16.8 A. DeGregory (UC); 17.0 M. Kyle (BA); 17.3 R. Mitchell (CR); 17.8 B. Mulholland (BA); 17.9 G. Portex (BA). Windy: 15.2 Greer; 15.5 DeGregory; 16.3 Mitchell.

HJ: 1.67/5'6" M. Peters (AF); 1.52/4'11½" A. Greer (CR); 1.52 S. McMaster; 1.52 A. DeGregory (UC); 1.44/4'8½" E. Hogarth (BL); 1.44 M. Coulter (CR); 1.43/4'8½" B. O'Neill (BL); 1.42/4'8" F. Wolsley (BA). Four girls at 1.41/4'7½".

LJ: 5.73/18'9½" M. Peters (AF); 5.44/17'10½" E. Davidson (BL); 5.24/17'2½" M. Kyle (BA); 5.21/17'1" A. DeGregory (UC); 5.15/16'10½" M. Glendinning (BA); 5.14/16'10½" A. Wilson (SH); 5.02/16'5½" G. Greeves (BL); 5.02 M. McMullan (BA); 5.02 E. Cooke (BA); 4.99/16'4½" L. Greenlees (SH). Windy: 5.28/17'4" A. Greer; 5.09/16'8½" E. Wright (CR).

SP: 15.93/52'3" M. Peters (AF); 14.77/48'5½" G. Porter (BA); 11.04/36'2½" P. Holbrook (BA); 10.74/35'3" M. Dunlop (UC); 10.50/34'5½" V. Irwin (CR); 10.08/33'1" R. Linton (BA); 9.51/31'2½" P. Beckett (CR); 9.43/30'11½" A. Rankin (UC); 8.84/29'0" A. DeGregory (UC); 8.65/28'4½" H. Brady (UC).

DT: 49.66/162'11" G. Porter (BA); 35.74/120'6" V. Irwin (CR); 31.50/103'4" P. Holbrook (BA); 31.44/103'2" M. Cusdin (UC); 30.30/99'5" K. Chestnutt (BA); 29.40/96'5" B. Irwin (UC); 29.32/96'2" L. Cusdin (BA); 28.72/94'8" L. Linton (BA); 28.24/92'8" M. McClure (GM) 27.34/89'8" D. Quigley (BL).

JT: 40.80/133'10" G. Porter (BA); 34.84/114'3" M. Dunlop (UC); 32.96/108'1" L. Cusdin (BA); 30.62/100'5" E. Davidson (BL); 30.08/98'8" H. Robinson (BA); 29.60/97'1" V. Irwin (CR); 26.90/88'3" P. Trohear (Down HS) 25.12/82'5" R. McLean (BA); 23.90/78'5" A. Rankin (UC); 23.28/76'4" M. Cusdin (UC).

Pen: 5,148 M. Peters (AF); 4,007 A. DeGregory (UC); 3,749 A. Greer (CR); 2,922 M. Dunlop (UC); 2,746 B. Irwin (UC).

Mother & daughter. Maeve Kyle (left) with 15-year-old Shauna. Maeve heads the 400m list and ranks in another three events whilst Shauna ranks top in the intermediate 80mH list. They made history by representing NIWAAA together in one match last summer.



Tony Duffy

4x100m: 49.8 UCPE; 50.2 Ballymena; 50.8 Shorts AC; 52.1 Craigavon; 55.0 Belfast LAC.

Intermediates

100m: 12.2 A. Wilson (SH); 12.4 L. McCurry (SH); 12.5 E. Reynolds (BA); 12.8 S. Kyle (BA); 12.8 R. Mitchell (CR); 12.9 B. Connell (MCB).

200m: 25.6 A. Young (GM); 25.8 A. Wilson (SH); 26.4 E. Reynolds (BA); 26.4 L. McCurry (SH); 27.1 S. Kyle (BA); 27.3 R. Mitchell (CR). Windy: 27.1 F. Rogers (BA).

400m: 58.5 L. White (BA); 61.1 C. Trenier (CR); 61.7 E. Lewis (SH); 66.2 J. Dick (SH); 66.3 V. McComb (MCB); 66.4 A. Wilson (SH).

800m: 2:20.6 C. Trenier (CR); 2:30.4 L. White (BA); 2:32.1 J. Dick (SH); 2:32.5 A. Jennings (CR); 2:32.5 P. McNally (BA); 2:39.0 E. Lewis (SH).

1500m: 4:59.8 C. Trenier (CR); 5:39.5 J. Dick (CH).

80mH: 11.9 S. Kyle (BA); 12.2 R. Mitchell (CR); 12.8 A. Gilmour (CR); 13.1 F. Rogers (BA); 13.1 V. Irwin (CR); 13.6 M. McClenaghan (BA).

HJ: 1.52/4'11 $\frac{1}{2}$ " S. McMaster (BA); 1.44/4'8 $\frac{1}{2}$ " E. Hogarth (BL); 1.42/4'8" F. Wolsley (BA); 1.41/4'7 $\frac{1}{2}$ " G. Greeves (BL); 1.41 B. Buckley (BA); 1.41 E. Anderson (—).

LJ: 5.08/16'8 $\frac{1}{2}$ " A. Wilson (SH); 5.02/16'5 $\frac{1}{2}$ " G. Greeves (BL); 5.02 E. Cooke (BA); 4.96/16'3 $\frac{1}{2}$ " S. Weir (BA); 4.94/16'2 $\frac{1}{2}$ " P. Madill (BA); 4.78/15'8 $\frac{1}{2}$ " H. Martin (BL).

SP: 10.50/34'5 $\frac{1}{2}$ " V. Irwin (CR); 8.41/27'7" D. Quigley (BL); 8.06/26'5 $\frac{1}{2}$ " F. Wolsley (BA); 7.62/25'0 $\frac{1}{2}$ " M. Jackson (MCB); 7.50/24'7 $\frac{1}{2}$ " S. Kyle (BA); 7.09/23'3 $\frac{1}{2}$ " P. Trohear (DHS). (7.95/26'1 $\frac{1}{2}$ "? R. Cosgrove (CR)).

DT: 35.74/117'3" V. Irwin (CR); 27.34/89'8" D. Quigley (BL); 25.20/82'8" C. Ewing (CHS); 24.66/80'11" C. Boyd (SH); 23.02/75'6" M. Jackson (MCB).

JT: 29.60/97'1" V. Irwin (CR); 26.90/88'3" P. Trohear (DHS); 25.12/82'5" R. McLean (BA); 22.98/75'5" J. Gordon (BA); 21.54/70'8" F. Scnior (MCB); 20.90/68'7" P. Wylie (MCB).

Pen: 3.374 S. Kyle (BA); 3.280 R. Mitchell (CR); 3.078 V. Irwin (CR); 2.495 L. McCurry (SH); 2.245 V. Dale (—).

Juniors

100m: 12.7 N. Graham (BA); 12.8 M. Alexander (BA); 12.8 R. Ewing (MCB); 13.1 L. Thomas (BA); 13.2 R. Cairns (MCB).

200m: 27.1 S. Farrar (SH); 27.3 M. Alexander (BL); 27.3 R. Weing (MCB); 27.6 R. Cairns (MCB); 28.2 E. Alexander (CR); 28.4 R. Harrison (CR).

400m: 64.3 C. Foster (BL); 64.3 R. Harrison (CR); 66.8 C. Harvey (BA); 67.3 B. Gaston (BL); 67.9 E. Alexander (CR); 69.0 B. Cooper (CR).

800m: 2:29.7 C. Foster (BL); 2:32.4 E. Alexander (CR); 2:32.9 A. Lennox (BA); 2:34.2 M. Davis (PGS); 2:36.2 A. O'Hagan (CR); 2:38.6 W. Hanna (—).

75mH: 12.2 M. Gleghorn (BA); 12.3 J. Goodrich (BA); 12.4 A. O'Hagan (CR); 12.8 W. Phillips (BL); 13.2 H. Orr (—); 13.6 C. McCarroll (BA); 13.6 E. Alexander (CR).

HJ: 1.38/4'6 $\frac{1}{2}$ " W. Phillips (BL); 1.36/4'5 $\frac{1}{2}$ " M. Dalzell (BCS); 1.36 A. O'Hagan (CR); 1.35/4'5 $\frac{1}{2}$ " C. McCarroll (BA); 1.34/4'5" M. Alexander (CR); 1.32/4'4" C. Harvey (BA).

LJ: 4.89/16'0 $\frac{1}{2}$ " M. Cleghorn (BA); 4.71/15'5 $\frac{1}{2}$ " A. O'Hagan (CR); 4.70/15'5" W. Phillips (BL); 4.61/15'1 $\frac{1}{2}$ " J. McCartney (PGS); 4.54/14'10 $\frac{1}{2}$ " B. Gaston (BL); 4.53/14'10 $\frac{1}{2}$ " L. Thomas (—).

SP: 8.39/27'6 $\frac{1}{2}$ " C. Harvey (BA); 7.71/25'3 $\frac{1}{2}$ " E. Calvert (CR); 7.71 L. Moreland (—); 7.65/25'1 $\frac{1}{2}$ " C. Johnston (—); 7.61/24'11 $\frac{1}{2}$ " W. Phillips (BL); 7.53/24'8 $\frac{1}{2}$ " C. Cummins (—).

DT: 23.82/78'2" E. Calvert (CR); 23.80/78'1" G. McCune (CGS); 23.52/77'2" A. Millar (CHS); 23.50/77'1" M. Stanfield (CR); 22.46/73'8" S. Maguire (—); 19.72/64'8" J. Blair (—).

JT: 19.34/63'5 $\frac{1}{2}$ " M. Stanfield (CR); 16.28/53'5" E. Calvert (CR); 13.99/45'10 $\frac{1}{2}$ " C. McCarroll (BA); 11.97/39'3 $\frac{1}{2}$ " M. Mann (BA); 11.52/37'9 $\frac{1}{2}$ " I. Uprichard (CR); 11.15/36'7" R. Getty (CR).

Pen: 3.131 W. Phillips (CR); 2.888 A. O'Hagan (CR); 2.761 R. Harrison (CR); 2.655 C. McCarroll (BA); 2.414 B. Gaston (BL); 1.694 K. Harper (—).

Entries and enquiries for the Crawley 36 Miles Road Relay should be telephoned to M. Hayes (Crawley 23271, day only).

JOHN OULTRAM MEMORIAL

2nd Annual

OPEN 10 MILES ROAD RACE

(Under A.A.A. Laws)

SATURDAY, 13th MARCH, 1971

From Tittensor Village Hall

(On A34, close to M6)

Perpetual Trophies—1st Team, 1st Individual
Prizes: 1st Team (3x£4), 2nd Team (3x£3), 3rd Team (3x£2), 1st Unplaced "B" Team (3x£2), 1st Individual £7, 2nd £5, 3rd £3, 1st Veteran O/40 £3, O/50 £3.

Entry Fees: 15p Individual; Team 25p first, 15p each additional Team (4 to run, 3 to score—team fees to be paid on the day).

Entries to Mr. G. Silvester, The Police Station, Madeley, nr. Crewe, by 1st March.

2nd ANNUAL

ROSSENDALE SHIELDS RACES

SAT., MARCH 13th, 1971, at 2 p.m.

MINOR GIRLS — 1 MILE approx.

JUNIOR GIRLS — 1 $\frac{1}{2}$ MILES approx.

INTER. LADIES — 2 MILES approx.

SENIOR LADIES — 3 MILES approx.

Shields for all events. Grand Aggregate Shield. Prizes to first 3 individuals in each race. Medals for first 3 teams in each event. Free certificates for all competitors.

Entries by March 6th to Mrs. M. Nuttall, 59 Grasmere Road, Haslingden, Lancs. Fees: 10p. individual, no team fee.

EAST LANCs. CHAMPIONSHIPS**At Rochdale, January 30th**

- | | |
|--|-------|
| 1. M. Freary (Bolton) | 34.52 |
| 2. C. Robinson (Rochdale) | 34.59 |
| 3. A. Blinston (Altrincham) | 35.24 |
| 4. E. Haslam (Bolton) 35.42; 5. S. Edmunds (Sale) 35.55; 6. D. Blakeley (Man. & D) 35.59; 7. D. Farmer (Sale) 36.03; 8. S. Clegg (Sale) 36.06; 9. B. Goulden (Sale) 36.10; 10. J. Norman (Alt) 36.15; 11. C. Leigh (Salf) 36.17; 12. W. Yale (Salf) 36.42; 13. J. Calvert (B'burn) 36.57; 14. A. Walker (B'burn) 36.57; 15. D. Brown (Oldham) 37.02. | |

Teams: 1, Bolton 79; 2, Sale 108; 3, Salford 116; 4, Manchester & D. 137; 5, Rochdale 192; 6, Blackburn 213.

Juniors

- 1, P. Lynch (B'burn) 27.41; 2, N. Gaynor (Sale) 27.59; 3, G. Plant (MAC) 28.05; 4, A. Sladen (Salford) 28.09; 5, B. Toogood (B'burn) 28.27; 6, R. Rawlinson (Clay) 28.44. **Teams:** 1, Blackburn 26; 2, Manchester AC 47; 3, Manchester Univ. 75.

Youths

- 1, D. Allen (Salford) 16.35; 2, A. Etchels (Man. GS) 17.11; 3, H. Symonds (Alt) 17.21; 4, A. Settle (Sale) 17.26; 5, G. Clarke (Sale) 17.28; 6, S. Bullen (Salf) 17.37; 7, G. Buckley (Salf) 17.42; 8, D. Coneys (B'burn) 17.44; 9, J. Reade (Oldham & R) 17.44; 10, R. Findon (Oldham & R) 17.44. **Teams:** 1, Sale 37; 2, Manchester AC 69; 3, Manchester GS 74; 4, Altrincham & D. 96; 5, Manchester & D. 114; 6, Rochdale 133.

Boys

- 1, A. Royle (Sale) 9.36; 2, P. Jackson (Sale) 10.00; 3, S. Grynier (Sale) 10.03; 4, P. Johnson (Sale) 10.07; 5, S. Clarke (Bury & R) 10.09; 6, S. Whitehead (Bolt) 10.16; 7, G. Brackson (MGS) 10.17; 8, A. Mutterhead (MAC) 10.18; 9, R. Davies (MAC) 10.18; 10, I. Shipley (Roch) 10.18. **Teams:** 1, Sale 10; 2, Manchester AC 47; 3, Manchester GS 74; 4, Bolton 75; 5, Rossendale 127; 6, Stretford 150.



Rita Ridley, winning the Southern Cross-Country title at Brighton.



Intermediate champion, Betty Price.

Sportsview

COUNTY BOROUGH OF SOLIHULL ATHLETIC CLUB

invite entries from affiliated clubs
for their

SPRING RELAYS MEETING

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

**AT SOLIHULL ATHLETICS
CENTRE, SOLIHULL
ON 24th APRIL, 1971**

TRACK EVENTS

4x100m—Junior, Inter, Senior Women,
Boys, Youths and Senior Men.

4x200—Senior Women.

4x400—Boys, Youths and Senior Men.

3x800—Junior and Senior Women.

Medley Relay—Inter Women.

1500m Team Race—Youths (4 run, 3
score).

3000m Team Race—Senior Men (4
run, 3 score).

FIELD EVENTS

Triple Jump — Youths and Senior
Men.

Discus — Junior and Senior Women,
Youths and Senior Men.

Shot — Junior and Senior Women,
Youths and Senior Men.

Entry fees: Track events 40p per team.
Field events 20p per team.

**CLOSING DATE FOR ENTRIES—
APRIL 5th, 1971**

Details and entry forms from:

**The Secretary, Solihull Spring Relays,
Athletics and Youth Centre,
Blossomfield Road, Solihull**

Date for your Diary—

September 11th

Young Athletes Meeting—details later.

Irish News

COUNTY DUBLIN BLE CHAMPIONSHIPS

January 10th

1, D. McDaid (Clonliffe) 38.49; 2, J. Kelly (Civil Service) 39.01; 3, D. McGann (C. Service) 39.07; 4, T. Redican (Donore) 39.17; 5, E. Spillane (Don) 39.39; 6, T. Gregan (Clon) 39.42 . . . 15, F. Murphy (Clon). Teams: 1, Clonliffe 52; 2, Donore 60; 3, Civil Service 79.

(Youths) 1, M. Treacy (Phoenix) 17.11; 2, T. Moroney (Dublin City) 17.31; 3, M. Byrne (Clon) 17.53. Teams: 1, Clonliffe 18; 2, Metropolitan H 41.

(Women) 1, P. Mullen (Crusaders) 16.47; 2, K. Moroney (Raheny) 16.48; 3, A. O'Brien (Clon) 16.59; 4, M. Lynch (Raheny) 17.11; 5, D. Foreman (Guinness) 17.24; 6, S. Lynch (Raheny). Teams: 1, Raheny Shamrocks 21; 2, Clonliffe 27.

BLE NATIONAL JUNIOR CHAMPIONSHIP

At Tullamore, January 31st

1, P. Keane (Clonliffe) 21.39; 2, E. Coughlan (Metropolitan) 22.04; 3, W. Curtin (London Irish) 22.30; 4, M. O'Shea (Limerick) 22.34; 5, M. Treacy (Phoenix) 22.50; 6, P. Corbett (Marian) 22.53. Teams: 1, Clonliffe 40; 2, Limerick 43; 3, Leevale 46. Inter-county: 1, Dublin 42; 2, Cork 66; 3, Limerick 135.

BLE EASTERN REGION CHAMPIONSHIPS

At Bunclody, February 7th

1, D. McDaid (Clonliffe) 37.25; 2, J. Sheridan (Donore); 3, D. McGann (Civil Service). Teams: 1, Donore 13; 2, C. Service 45; 3, Kildare 72.

(Women) 1, K. Moroney (Dublin) 4.32; 2, A. O'Brien (Dub); 3, M. Lynch (Dub). Teams: 1, St. Lawrence O'Toole's AC 31; 2, Raheny; 3, Clonliffe.

MUNSTER BLE CHAMPIONSHIP

At Tralee, February 7th

1, S. O'Sullivan (Limerick); 2, R. Crowley (Cork); 3, P. O'Riordan (Cork). Teams: 1, Leevale 22; 2, St. Finbarr's; 3, Croom.

FAST MARATHON BY McMAHON

Irish Olympic runner Pat McMahon won the World Masters Marathon at Anaheim, California, on February 6th in 2:18:37.7. He won by over five minutes.

STAFFORD A.C.

"CANNOCK CHASE"

A 21 mile cross-country race on moorland and forest paths, including a total of 2,000 ft. of hills.

SUNDAY, 14th MARCH, 1971

at 11 a.m.

Individual entries 25p to J. R. Newcombe, Little Hollow, Brocton, Stafford, Staffs. by 1st March (Tel: 61118).

Peter Lay: ISOKINETIC EXERCISE

A concept of exercise for the seventies

AFTER twelve years of regular weight training, progress is hard to come by; five or ten pounds to a lift is raved about for weeks. Yet Chris Berg a seasoned weight trainer and American student made the following phenomenal improvements in 3 months:

Standing press from 215 to 245lb. Rowing to waist rocketed from 335 to 425lb, a gain of 95lb—representing 29%. Similarly, Front Squats went from 375 to 425lb and triceps extensions overhead (French Press) leaped from 185 to 245lb or 32% progress!! Upright rowing made an incredible gain of 100lb, from 190 to 290, representing 54% improvement.

Another American, a decathlete, added 7 feet to his shot put, 31 feet to his best discus throw, 4 inches to his high jump and 24 feet to his javelin throw in eight weeks!

How? By utilising a new principle of muscle training—**ISOKINETIC EXERCISE**.

Up until four years ago three methods of muscle training were being used. Isotonic contraction, i.e. normal weight training; and isometric contraction, i.e. working against immovable resistance. The latter dropped out of vogue because of lack of motivation to exert maximum contraction and the realisation that gaining strength at an isolated point through a range of movement did not aid a dynamic action.

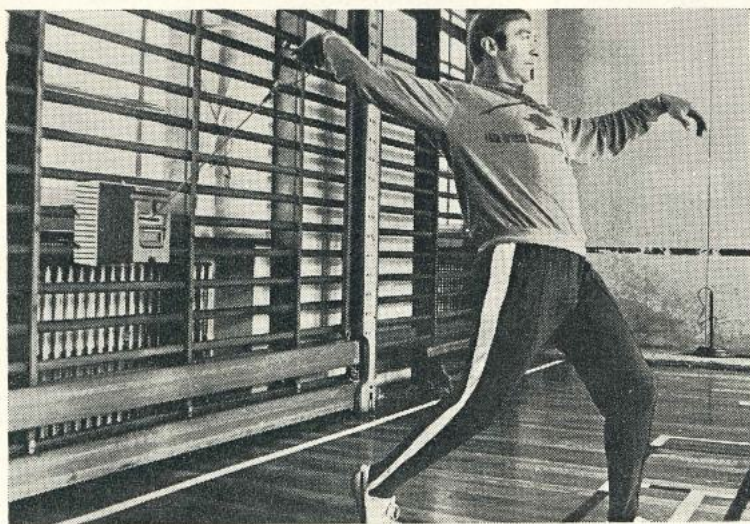
To further illustrate a downfall of conventional weight training, I quote some work done by Harrison Clarke, an American physiologist. Clarke proved vividly the startling variations in muscular force throughout a range of movement. He revealed the following when measuring a group of students with a cable tensiometer:

180° — 64lb	Complete extension of elbow
150° — 80lb	
120° — 90lb	
80° — 75lb	
40° — Flexion of elbow 46lb	

The reader will observe that there is one point, a precise angle, that is capable of evoking more force than at any other point—in this case 120°—90lb. Look at it another way. If you engage in the pure movement of curling as Clarke did (i.e. force always at right angles to the direction of pull and eliminating gravity) but substitute a barbell, you can never effectively exercise the biceps except at 180°. Why? Because you are limited to the amount of poundage you can start lifting—64lb in Clarke's table. This is true in every exercise. The amount of weight you can lift is governed by the point of **mechanical disadvantage**, therefore every other point of the range of movement is **SUB-MAXIMALLY** loaded.

Two of my own developments, staggered sets and eccentric muscle contractions, have overcome some of the negative effects of sub-maximum loading but they have not eliminated them. Isokinetic exercise has.

What is Isokinetic Exercise? In a recent article in "Athletics Coach", I wrote: 'Isokinetic exercise is a genuine accommodating resistive exercise and is a refinement of the controlled motion concept. It occurs against a load which allows movement at a mechanically fixed rate of speed and offers a resisting force directly proportional to the magnitude of the input. . . at every given point of the range. By controlling the movement speed, energy dissipation due to acceleration is prevented



Specificity—the key to athletic strength. Here is a simulated javelin action, one of many exercises designed for all events.

Gordon Roberts

and consequently channelled into the resistive force'.

More simply: A machine has been developed which allows versatility of movement, offers resistance always equal to your strength by means of a non-acceleratable mechanism. Every point of a range of movement is maximally loaded, making it the most perfect all-round strength developer yet devised.

Field Trials

Because the Mini Gym Isokinetic exerciser is also a dynamometer, research has been abundant. Results on novice weight trainers have proved Isokinetic exercise gets up to 80% better results in terms of peak force ability.

Because of the prolific research, I decided I would limit my own study to the function and adaptability of the unit.

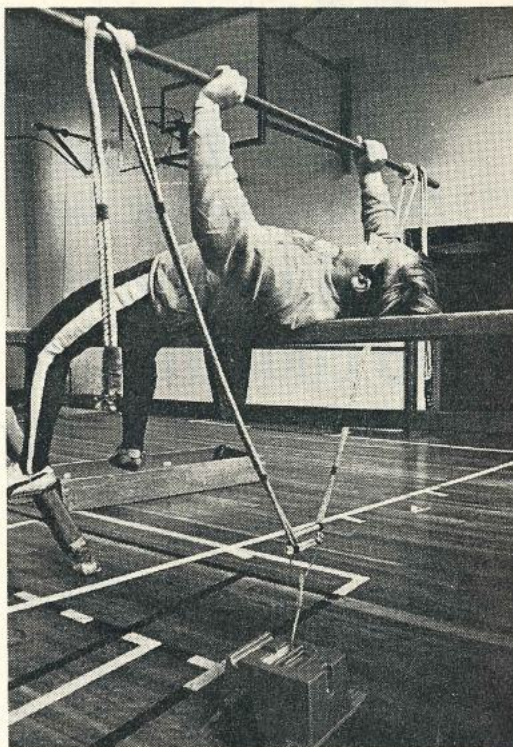
Mr. Glen Henson, Director of Mini Gym Inc. (USA), kindly let me have a sample Super Mini Gym Achiever model on which to conduct my work. The machine, the first in Europe, is compact—7" high, 17" wide and 12" long and weighs 17lb so is fully portable.

An instructional booklet, book of graph paper, recording pens, short double handle, one single handle and redirectional pulley are all standard with the unit. It has been very thoughtfully designed.

Check out of previous results

Born to scepticism, naturally the first tests I conducted were to check out the previously recorded 'phenomenal' results.

I did this by selecting 3 exercises and used them three times per week in a pyramid system performing 6, 5, 4, 3, 2 reps at maximum effort. Roger Eady, Welsh Amateur Swimming Association National Technical Officer, acted as tester before, during and after training. The results were beyond my wildest dreams and are shown below:



The author demonstrates how the apparatus can be used for bench press.

Gordon Roberts

	Exercise	Mid-exercise period test	Post exercise test	De- Training Trial
	18.4.70	25.4.70	7.5.70	14.6.70
Standing press	250lb	350lb	—	260lb
Curl	200lb	250lb	330lb	240lb
French Press (Triceps, etc)	280lb	360lb	440lb	300lb

De-Training

To further check-out the validity of the results I underwent a period of de-training until June 14th, 1970. It was interesting to see that over this period of 6 weeks the re-trial showed that my strength had returned almost to the beginning value.

General Use

Dr. Counsilman, the celebrated American coach, has used the Mini Gym for over 12 months with his swimmers at Indiana University. Mark Spitz, multi world record holder, is probably the finest example of participation in Isokinetics. On this side of the Atlantic, Roger Eady and his charge, Martyn Woodroffe, have devised a complete 'specific' routine for swimmers. Nik Stuart, nine

times British gymnastic champion and now National Gymnastics Coach, has similarly 'created' exercises designed to increase general strength and specific gymnastics strength.

On the subject of specificity I spent weeks planning exercises directly to assist athletes. Results were encouraging. A complete repertoire of specific exercises emerged for shot, discus, javelin, hammer, sprints, hurdles and jumps.

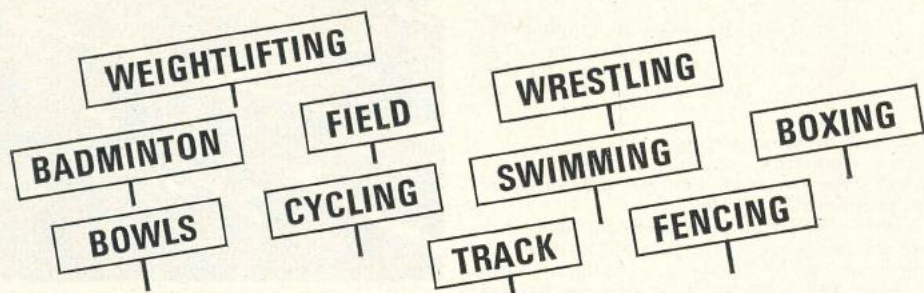
Well over 50 of worthwhile value have been devised, some of which are illustrated in the Instructional booklet. This winter will certainly see my own squad supplementing their weights with specific Isokinetic work.

The unit has a return ratchet device, thus making repetitions easy to perform in rapid succession.

Nutrament[®]

the liquid energy food

**used by the top athletes of
36 countries at the
British Commonwealth Games**



Whatever your speciality **NUTRAMENT** the 400 calorie delicious ready-to-drink meal in the can will help you.

Rapidly digested **NUTRAMENT** provides energy and solves the problem of what to eat before, during and after an event.

**ASK THE TOP PEOPLE IN YOUR CLUB ABOUT NUTRAMENT—OR
WRITE TO US FOR A DESCRIPTIVE LEAFLET.**

**IF YOUR RETAIL CHEMIST DOES NOT HAVE NUTRAMENT ON
HIS SHELF HE WILL OBTAIN IT FOR YOU PROMPTLY.**

**NUTRAMENT COMES IN THREE DELICIOUS FLAVOURS—
CHERRY, CHOCOLATE AND VANILLA—
AND COSTS 25p FOR A FULL SIZE 13 fl. oz. CAN.**

Mead Johnson Laboratories, Division of Bristol Myers Company Ltd.,
Stamford House, Langley, Bucks.

The handles interchange with a simple push and turn, and of course no adjustment is required when a number of different athletes of varying strengths wish to exercise one after the other.

Performance

After the initial strangeness of exercising with a new device, especially a non-acceleratable one, all exercises could be performed quickly and efficiently. Each repetition is a maximum effort so I found the usual rule of weight training repetitions did not apply. Five reps was a tremendous effort. Three or four reps is average and a pyramid system is a real joy to perform.

The sum of the benefits of exercising on a Mini Gym is perhaps the greatest benefit of all to athletes. Workouts are literally performed in half the time it takes with weights, thus giving more time to spend on event skills, speed training and flexibility work.

Hints on performance

1. Prepare your workout in advance and ensure you know how you are going to locate the Mini-Gym before every exercise.
2. Test one rep maximum on every exercise and carefully file your graphs. Test every two weeks taking care to reproduce the movement that you did on the first testing session.
3. Start with 2-3 sets of each exercise and perform 4 reps in each set. Advanced trainees should follow this advice as well but they may progress more quickly.
4. Perform specific exercises first in your workout.
5. Always use maximum effort. Once a contraction has started **never** reduce tension. Keep fighting to accelerate the motion. Effort less than maximum will reduce benefit considerably.
6. Keep to a set workout for between one and two months, then change the exercises.
7. If you are supplementing conventional weight training, perform your Isokinetic work **after** the weight training.
8. To progress: You may
 - (1) Add sets
 - (2) Add reps (not too high)
 - (3) Increase the number of exercises

The resistance will automatically progress.

RAF TITLE FOR CLARK

English international Roger Clark scored another convincing triumph when he raced home an easy winner of the RAF cross-country championship at Halton, Bucks., on February 10th, finishing 200 yards ahead.

1, R. Clark (Cranwell) 28.05; 2, M. Hurd (Abingdon) 28.36; 3, A. Brien (Upavon) 28.46; 4, F. Martin (Abingdon) 29.06; 5, T. Pugh (Lindholme) 29.32; 6, I. Forster (Henlow) 29.37; 7, R. Balls (Binsworth) 29.45; 8, R. Aukett (Uxbridge) 29.57; 9, V. Blackwell (Leconfield) 30.11; 10, A. Donkin (Lindholme) 30.15. **Team Inter-Command:** 1, Training Command 63; 2, Strike 75; 3, Air Support 101; 4, Maintenance 129. (Senior Station): Cosford. Junior station: Lindholme.

T.P.

Rita Ridley Fastest

TAKING part in her first race since winning the Southern cross-country title at Brighton, Rita Ridley clocked the fastest time of the day in the Essex Ladies' cross-country relay at Grange Farm, Chigwell, last Saturday. But her club could only finish seventh and the distinction of winning went to Barnet, anchored home by 33-year-old Joyce Smith, Joyce, who preceded Rita as the Southern champion, shared the second fastest time of the afternoon with clubmate Carol Gould.

Watford were the early leaders through Sandra Marquis and Jean Tye, but on the third stage Mrs. Gould swept past both Watford and Cambridge Harriers to put Barnet on the winning trail.

Seniors (4 x 2½M) 1, Barnet (L. Hammond 14.54, J. Freeman 14.44; C. Gould 13.08; J. Smith 13.08) 42.46; 2, Cambridge H. (H. Rider 14.56; G. Goodburn 13.35; M. Hadler 14.42, L. Coshall 13.57) 57.10; 3, Watford (S. Marquis 13.59; J. Tye 14.16, S. Bieron 15.37, R. Cullen 13.28) 57.20; 4, Hillingdon 59.43; 5, Thurrock 59.56; 6, Southend 60.04. **Fastest:** R. Ridley (Essex) 12.54, Smith and Gould 13.08, Cullen 13.28; Goodburn 13.35.

Intermediates (4 x 1½M) 1, Aldershot, F & D (A. Rumbold 13.08, S. Bryan 14.00, S. Barrass 13.35, C. Hever 13.26) 54.09; 2, Uxbridge (J. Low 14.04, S. Leaver 16.15, T. Meeson 13.07, B. Price 12.32) 56.03; 3, Selsonia (L. Edwards 14.40, S. Wentworth 14.57, A. Atherley 13.49, L. Cobden 13.01) 56.27; 4, Thurrock 56.40; 5, Watford 58.29; 6, Cambridge H. 58.35. **Fastest:** Price 12.32; J. Kelly (Camb) 13.00; Cobden 13.01.

Juniors: (4 x 1m) 1, Havering (J. Jackson 7.50, L. Owens 7.50, R. Chettlebrugh 7.24, P. Naylor 7.13) 30.17; 2, Aldershot F & D (M. Lea 7.36, J. Barrass 8.06, D. Webster 8.06, C. Boxer 7.02) 30.50; 3, Thurrock (L. Martin 7.49, K. Dean 8.07, E. Cox 7.52, S. Hines 7.07) 30.55; 4, Basildon 30.58; 5, Selsonia 31.40; 6, Ilford 32.02. **Fastest:** Boxer 7.02, Hines 7.07, Naylor 7.13.

Tom Pollak.

SCOTTISH INTER-COUNTY CROSS-COUNTRY

January 30th

1, N. Morrison (Lanarks) 32.41; 2, T. Grubb (Lanarks) 33.10; 3, T. Patterson (Lanarks) 33.11. **Teams:** 1, Lanarkshire 26; 2, Midlothian 91; 3, Dunbartonshire 125.

SCOTTISH UNIVERSITIES CHAMPIONSHIP

At Cambuslang, January 30th

1, A. Blamire (Edin) 31.43; 2, A. Partridge (S'clyde) 31.51; 3, F. Clement (S'clyde) 31.55. **Teams:** 1, Strathclyde 61; 2, Glasgow 86; 3, Aberdeen 95.

CITY OF GLASGOW LADIES AC ROAD RELAY

January 30th

1, Edinburgh Southern (S. Sutherland, M. Munro, W. Sosinska) 54.10; 2, Bathgate 57.39. **Fastest lap:** Sosinska 17.26.

Celebrating her sixtieth birthday in a few weeks is THE LEGENDARY STELLA WALSH

AN active athlete who is nearly 40 is a rare bird . . . an athlete who **has competed** internationally for nearly 40 years is virtually unique and cannot but be legendary. Such a one was the girl who will go down in the annals of track and field as Stanisława Walasiewiczówna, was Stella Walsh to her hometown friends, and is now Mrs. Olson.

Stanisława Walasiewicz (the ending "-owna" is correct but not obligatory in most Polish names for a single woman, just as "-owa" is for a married one) was born in the small town of Rypin, less than 100 miles NW of Warsaw, on April 11th, 1911. The family emigrated to the United States not long before the outbreak of World War 1, and little Stasia (the commonest Polish diminutive for Stanisława) grew up in Cleveland where her people eventually settled—and which was to boast in the 1930's also one Jesse Owens. It was as a member of the Cleveland "Sokols" team, on the strength of a 6.0 second 50y clocking in the previous season, that young Stasia first revisited the land of her birth, and competed with marked success at the international "Sokol" meeting-cum-jamboree in the summer of 1928.

Panna (Miss) Stasia certainly liked it in Poland—not least because the local sports enthusiasts quickly realised that she might be a godsend for the prestige and development of athletics in Poland and treated her accordingly. A scholarship was even found for her at Warsaw's renowned Physical Education Institute, where she studied for a time. Yet she was bred, if not born, an American—and her closest personal ties were on the other side of the Atlantic. In the end an informal arrangement came about, whereby Walasiewiczówna for the next eleven seasons spent most of each summer in Poland and the rest of the year in the United States. She was, of course, eligible to represent Poland, since she was born there and her parents had not taken out US citizenship. And if the way she ran her career found some critics in the States, the Poles could certainly point out that she was only partly US-trained, while many other foreign 'greats', from Ritola down to Hemery, owed virtually everything in athletics to "Uncle Sam".

These dozen pre-war seasons constituted, chronologically, but one-third of Walasiewiczówna's competitive career, but, naturally, the 1930's saw the bulk of her international achievement. That was the decade during which she amassed gold and silver Olympic medals, four titles in the now extinct Women's World Games at Prague 1930 and London 1934, 2 titles and 2 runner-up prizes in the first official European Games for women, and world records galore . . .

not to mention uncountable victories in international matches and meetings.

Her greatest triumph was undoubtedly the winning of the Olympic 100m title in 1932. At that time 12.0s for women was the sort of barrier that 10.0s was cracked up to be—and eventually cracked—for men in the mid-1960s. It fell finally to the Dutch girl, Tollien Schuurman, in June 1932—but in Los Angeles the Polish girl made it look easy with three world-recording-equalling 11.9 clockings in all three rounds! The hapless Schuurman having come fourth in the first semi, the girls Walasiewiczówna had to beat in the final were the German ace Dollinger, von Bremen (USA), and Hiscock of Britain. But on the day it was Canada's Hilda Strike—very nearly eliminated in the first round—who alone posed any threat to the slim, darkhaired Pole, to finish two feet behind her in a somewhat generous 11.9 too.

Four years later, in Berlin, Walasiewiczówna was a far better runner—but she had to face an

By Richard Szreter

unbeatable one. The powerful Helen Herring Stephens, 18, of the USA, was a sprinter who never knew the taste of defeat in her relatively brief career. The defending champion easily won her heat in 12.5 but the writing was clearly on the wall when, after Stephens won her semi in a great 11.5, the Pole came second to Dollinger (fated to repeat in the final her fourth place from Los Angeles) in 12.0 in the second semi. In the final the 6'0" tall American teenager surged to the front after 10m; 80m out she was two yards in front of Walasiewiczówna, and stayed that way, to equal the world record with 11.5 to the Pole's 11.7. By 1940 Stephens had retired . . . and Walasiewiczówna, at 29, was as good as ever. Unfortunately the hosts of the 1936 Games had made sure none could be held for a long time yet . . .

Before the outbreak of the war, however, the first European Championships for women had been held in Vienna in September 1938 (kept severely apart from the men's meeting in Paris!) and Walasiewiczówna emerged as easily the most successful competitor—a kind of "victor ludorum." She won both the 100m and 200m races, beating in the latter the runner-up, Kathe Krauss of Germany, by the huge margin of 0.6 (third place in both sprints went to Fanny Blankers-Koen who had yet to wait ten years to gain immortal fame). was narrowly beaten by Germany's Irmgard Pratz to the long jump crown (5.88 to 5.81m—or 19'3½" to 19'0½"), and anchored an otherwise undistinguished Polish quartette to silver medals in the

400m relay! And there was more to her versatility than running and jumping—for she also took the sixth place in the javelin throw—the same spot she had occupied in discus throwing in the 1932 Olympic Games!

Three times Polish pentathlon champion in the 1930s and five times USA title-holder, uninterrupted from 1950-54, Walasiewiczowna was virtually a team all by herself. The two supreme exhibitions of her versatility, boundless energy and fighting spirit came in two dual internationals that were sixteen years apart (altogether she represented Poland in seven international matches, competing in no fewer than 33 events). Of the first of them, aged Polish fans still speak in awestruck voices: for what was nominally Poland v. Japan, on a sunny September day in Warsaw in 1930, should in truth, have been billed as Walasiewicz v. Hitomi. Nine events in all were contested, and the filigree Japanese girl “played 6, won 3”, while the Polish ace “played 5, won 4”, leading her team to a 54-36 victory. The two clashed in three events, “Wala” winning the 60m and 100m and Hitomi the long jump, but the latter was not there when the two countries met in the return match of 1934, for she had lost her desperate fight against tuberculosis, and the greatest women athlete to have come out of Asia had died at 23 in 1931.

Her opponent's second supreme exhibition of versatility was something of a sentimental occasion, when in 1946 she led out—having come specially from America—the women's team of war-ravaged Poland for their first international match in many years, against the only slightly less desolated Czechoslovaks. It was a bittersweet occasion, and if the result did not really matter much on that miggy mid-September afternoon in

Brno, the heroine of the match was once again the Olympic champion of 1932, winning not only in “the usual” 100, 200, relay and long jump, but also the 80mH in 12.2. It was a day to remember—a day that compensated for her disappointment a few weeks earlier in the European Championships at Oslo, when Walasiewiczowna narrowly failed to qualify for the final in both the sprint events (4th in her 100m semi in 12.6, and 4th again in her 200m semi in 26.0—sadly, for she had done 25.4 in the heats).

Those were the last occasions on which she wore the vest marked by the White Eagle, representing “the old country”, for in 1947 Walasiewiczowna became an American citizen. She had, naturally for years, taken full part in American domestic competition, and her string of US titles stretching from 1930 to 1954 added up to an awesome total of 41 (including 8 indoor titles) in seven different events. To this we might add her 16 Polish titles won between 1933 and 1946, making a grand total of 57 national titles garnered in two continents—no fewer than 21 of them had been won in the 200m (or 220y) event; 11 USA outdoor, 6 USA indoor, and 4 Polish ones. That this was arguably her best event, and that therefore its non-inclusion in the pre-war Olympic programme may well have deprived her of two gold medals, is also attested by the longevity of the world record of 23.6 she set in Warsaw in August, 1935. It stood for 17 years and it took a Marjorie Jackson to erase it from the tables.

An even more durable world record Walasiewiczowna set was her electrifying 7.3 60m dash in Lvov on September 24th, 1933, for it took 27 years before another famous Australian speedster, Betty Cuthbert, lowered it (and indeed it had not even been equalled until 1951). In the 1930s and

Stella Walsh (left) pictured in 1956 with her protégée Earlene Brown (centre), the shot and discus star, & javelin thrower, Pamela Kurrell.



1940s the ratifying of women's world records left much to be desired, and statisticians of the sport who might today supply us with complete and reliable data were, as the saying goes, 'conspicuous by their absence'. It seems that the Polish-American girl equalled or improved world records on at least 35 occasions (one for each year of her competitive career!), more than twenty of them being in standard events, although they also included a 5.2 clocking for the 40y, and, at the other extreme of her range, a 3:02.5 mark for the 1000m, set in Katowice in October 1933. A garbled newspaper report credited her also with a 20'6" (6.25m) long jump at Drohobycz in what was then SE Poland in 1937, but the mark was in fact 19'9" (6.02) and although hailed at the time widely as the first ever 6.00m jump, it was in fact 5½" or 14cm inferior to her old rival Hitomi's little-known mark of 1929. Just to straighten the record, Walasiewiczówna's personal best in the event she always enjoyed, while freely admitting it did her legs no good at all, was 19'9½", or 6.04m posted in 1938.

Although by then an American citizen, Stella Walsh was not permitted under the then rules of the IOC to represent the country in which she spent most of her life in the Olympics of 1948 and 1952. And when the rules were eventually changed, it was a last minute change in the rules of the USA final trials that most unhappily deprived the 45-year-old athlete of a berth to Melbourne she was almost sure to win for the 200m.

But if the year 1956 brought her heartbreak, it also brought her personal happiness, for in that year Stella married her draughtsman husband, Harry Olson. Not long after, the couple moved west to California, where she took a job of inspector in a toymaking firm. Athletics was now coming to play a minor part in her life—at least competitive athletics, for her activities as a coach and on track and field committees were expanding and she also managed the USA girls' team on occasions. Besides, she did not altogether desist from competition, amazing—in view of her age—the *cognoscenti* with marks like 18'5½" (5.63m) long jump in 1957 or a 59.9 quarter-mile in 1958. But her appearances grew few and far between in the 1960s, though she was never quite out of training, and her other sports of golf, softball, tennis and in particular basketball in which she had been near-international class, helped to keep her as fit as ever.

In 1965 Walsh-Walasiewiczówna accompanied the USA team to "the land of her fathers". She met the new Polish sprint stars, and cheered away when Kirszenstein broke the 200m world record with a stupendous 22.7. A few days later, report of a minor meet in Warsaw carried the following item: "Women, 60m: 1-Walasiewiczówna 8.7; 2-Kulwanowska 8.9." The loser was 15, the winner, an ageless 54 . . .

So in her 39th season of running, a very, very long run indeed, especially for a sprinter, Stanisława-Stella Walasiewiczówna-Walsh-Olson hit the headlines for the last time. The last time? Perhaps. But there is still the matter of that 11.2 100m

run in Cleveland, way back in April 1945, to be settled. On that, let the great athlete herself speak: "My mark has been 'tabled'. I may still get my credit for it. At the time officials thought it was impossible for anyone to run that fast. Now the years are proving I was merely ahead of my time".

She was indeed—0.3s to be precise—and she proved it on more than one occasion. There have been other world records that have had to wait inordinately long for official ratification, albeit not that long. The least that the competent authorities owe this outstanding athlete is an explanation: if indeed it takes the form of recognising that fabulous exploit, the champion of the 1920s may yet hit track and field headlines once again in the 1970s.

(Reprinted from the 1969 "Women's Track and Field World Annual," edited by Pete Pozzoli).

Eastern to Simmons

A HEAVY rainstorm during the race seriously reduced visibility in the Eastern Counties cross-country championships at Lincoln last Saturday. Fortunately, reports Eastern Counties secretary George Smith, the rain came during the last of the three races, the senior event. But many of the seniors complained that they could not see a thing and the tower of Lincoln Cathedral, about half-a-mile from the golf course where the championships were being staged, was completely blotted out.

Welshman Tony Simmons used his greater experience to win the senior title in which Ron Brewitt, the holder, set a fast early pace with Phil Romaine but then "blew up".

Seniors (9M): 1, A. Simmons (Luton) 46.29; 2, Grenville Tuck (Camb & C) 47.04; 3, P. Romaine (Sth. Holland) 47.36; 4, Graham Tuck (Camb & C) 48.09; 5, M. Exton (Sth. Holland) 48.56; 6, D. Michael (Grimsby) 49.21. **Teams:** 1, Grimsby 93; 2, Camb & C. 117; 3, Lincoln City & C. 144; 4, Huntingdon 169; 5, Norfolk 194; 6, Ipswich 234.

Juniors (6M): 1, S. Sharratt (Luton) 32.48; 2, P. Thompson (Luton) 33.55; 3, G. Smith (West Norfolk) 34.34. **Teams:** 1, Luton 8; 2, Huntingdon 33.

Youths (4M): 1, G. Steere (Norfolk) 25.41; 2, R. Thompson (Luton) 26.42; 3, A. Goldsmith (Norfolk G.) 26.46. **Team:** 1, Norfolk G. 18; 2, C. & C. 55; 3, Colchester 69.

T.P.

JOHN OULTRAM MEMORIAL RACE

Entries for the John Oultram Memorial Trophy race on March 13th can be telephoned to Don Shelley at Stoke-on-Trent 48211, ext. 121 (week-days, 8.30-5.30), or at Stone 4346 (after 7 p.m. or at week-ends).

Entries for the Rossendale Shield cross-country races for Ladies and Girls will be accepted at the Women's National CC Championships at Wolverhampton on February 27th.

CLUB VESTS

ORDER NOW FOR NEXT TRACK SEASON

Men's with horizontal bands from 56p

Women's with horizontal bands from 65p

Men's with diagonal sash(es) from 71p

Women's with diagonal sash(es) from 80p

Minimum one dozen, six per size

Also quarter-sleeve or long sleeve

With screen printed badge—ask for estimate.

MEN'S SLEEVELESS VESTS

White, in best quality interlock Boys 44p.

Youths 50p, "S" 55p, "M" 60p, "L" 65p.

Colours (Amber, Black, Emerald, Maroon,

Navy, Royal, Scarlet, Sky). Boys 51p, Youths

60p, "S" 65p, "M" 70p, "L" 75p.

MEN'S ATHLETIC SHORTS

Litesome Scandinavian, brief cut, White or

Black, 26in. 59p, 28/30in. 65p, 32/34in. 69p,

36in. 79p. Colours (Amber, Emerald, Navy,

Royal, Scarlet) 26in. 63p, 28/30in. 68p, 32/34in.

73p, 36in. 81p.

MEN'S NYLON SHORTS

In brilliant colours. Extremely light, very brief

cut, fly front, one button, elastic at side. Will

not shrink or fade. Rain just runs off. Wash

and dry in an hour. Amber, black, white,

emerald, royal, scarlet or sky. Small (28-30in.),

medium (30-32in.) and large (32-34in.), 94p.

WOMEN'S SLEEVELESS VESTS

Latest modern style with lower cut and narrow

shoulder straps. White 32in. 45p, 34in. 53p,

36in. 58p, 38in. 63p, 40in. 68p. Emerald,

amber, royal, scarlet or black, 32in. 53p,

34in. 60p, 36in. 65p, 38in. 70p, 40in. 75p (in

this new style order one size smaller than usual).

White with square neck, 26/28in. 48p, 30/32in.

51p, 36in. 60p, 38in. 64p.

WOMEN'S NYLON STRETCH SHORTS

With trim down side: White trimmed with Red,

Royal with White trim, Scarlet with White

trim, and Black with White trim. Sizes 22in. or

24in. 92p, 26in. or 28in. £1.

Without contrast trim: Black, white, royal,

emerald, scarlet, 22, 24, 26in. 80p, 28in. 88p.

Also bottle green, 22, 24, 26in. only.

FIRST CLASS ROAD SHOE

Kingswell "Mercury". Super new road shoe

with white "softie" uppers with blue trim. Built-

up cushion heel to avoid jarring or achilles

tendon strain. Hard wearing gristle sole with

small ripple design. Built on a track shoe last,

unusually comfortable, very light but hard

wearing throughout. A really first class shoe.

Sizes 5½ to 11 in half-sizes £3-75. Part post and

packing 8p.

CROSS-COUNTRY SHOES

Reebok "Fab" Studs. Chrome suede in light

grey with blue trim. Very comfortable light

shoe. Sizes 3, 4, 5 at £2-28, 6 to 11 in half sizes

£2-58.

Reebok "Panther" Studs. Blue with white trim,

good, sound, reasonably priced shoe. Sizes 3,

4, 5 £2-71, 6 to 11 in half sizes £3-05.

Please enclose part postage, i.e. 12p for

tracksuits or shoes, 3p for shorts, vests, etc.

THE SPORTS CENTRE

8 MEDWAY ST., CHATHAM, KENT

Telephone: Medway 47055

TONBRIDGE ATHLETIC CLUB OPEN 10 MILE ROAD RACE

SATURDAY, MARCH 13th, at 3 p.m.

Awards first 3 ind., first 3 teams (4 run, 3 score), first unplaced "B" team after "A" team, 1st Vet. (O/40).

Entry Fee: 15p per ind. Teams must enter as inds. Entries to Mrs. I. E. Redhead, "Flores," 65 Sandown Park, Tunbridge Wells, Kent, by 2nd March. (Tel: Pembury 2912).

WARRINGTON A.C.

10th Annual Series of Sunday

Winter Track Meetings

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

1st Meeting, 28th February, 1971

2nd Meeting, 14th March, 1971

No prizes. Entrance fees on the day 2/-(10np) all events.

Weather permitting—ring Warrington 35877 from noon on day of meeting.

For all information regarding meetings, programmes, etc.: H. W. Smart, Gen. Secretary, 56 Hanley Road, Widnes, Lancs. (Tel: 051-424-6846).

LONDON ATHLETIC CLUB

will be staging their annual

SCHOOLS' CHALLENGE CUPS MEETING

AT CRYSTAL PALACE
NATIONAL SPORTS CENTRE

NORWOOD, LONDON, S.E.19

(Under A.A.A. Laws)

ON FRIDAY, APRIL 23rd, 1971
AND SATURDAY, APRIL 24th, 1971

Why don't you write to

Len Beaven,

114 Kenton Lane,

Kenton, Harrow, Middlesex

for details of the 16 Senior (17-19) and 11 Junior (15-16) events. Entries must close on Friday, 2nd April, 1971, so write soon.

The Saturday programme includes the Southern Counties A.A.A. 10,000 Metres Track Championship.

Young Athletes' Results

Surrey AC Stan Belton Trophy (Girls) at Richmond, January 16th. (Intermediates) 1, L. Haskins (Mowbray) 9.36; 2, M. Stroud (Tolworth) 9.54; 3, M. Boxall (Ricards) 9.58; 4, K. Singleton (Mowbray) 10.17; 5, L. Chandler (Hollyfield) 10.33; 6, K. Laffan (Ricards) 10.39. (30 finished). **Teams:** 1, Mowbray 5; 2, Hollyfield 12; 3, Ricards 14. **(Juniors)** 1, J. Eyre (Hinck) 8.37; 2, L. Browning (Mowbray) 8.43; 3, S. Helsey (Mowbray) 8.51; 4, C. Bard (Cheam HS) 9.07; 5, M. McLaren (Cheam HS) 9.08; 6, J. Coujens (Bonner H) 9.09. (101 finished). **Teams:** 1, Mowbray 5; 2, Cheam HS 9; 3, Hinchley Wood 13. **Aggregate Trophy Result:** 1, Mowbray 10; 2, Hollyfield 32; 3, Kneller H 38; 4, Hinchley W. 46; 5, Bonner H 69; 6, Ricards 98. **(Senior 2½M)** 1, A. Roberts (Coombe Cty) 13.17; 2, C. Timms (Ricards) 13.51; 3, G. Edwards (Bunell H) 20.38.

Surrey AC Girls Championships, at Richmond, January 16th (Juniors) 1, M. Davis 9.32; 2, A. Morton 9.33; 3, A. Bragg 9.36; 4, J. Burrows 9.45. **(Intermediates)** 1, P. Allan 12.52; 2, D. Davis 13.04. **(Seniors)** 1, A. Roberts 13.17; 2, C. Timms 13.51; 3, M. O'Driscoll 15.51.

Sunday League cross-country races, at Welwyn, January 17th. **(Boys, U.16)** 1, B. Crisp (BoE) 11.32; 2, T. Butt (Stev. & NH) 11.35; 3, C. Taylor (Kett) 11.37; 4, K. Dumbleton (Ver) 12.04; 5, A. Hill (Stev) 12.13; 6, R. White (Kett). **Teams:** 1, Stevenage & NH 28; 2, Verlea 41; 3, Kettering 55; 4, Enfield 59; 5, Barnet 65; 6, Rugby 80. **(U.14)** 1, J. Whitehead (Felt) 9.03; 2, N. Carter (Felt) 9.07; 3, C. McVey (Barn) 9.29; 4, L. Moore (Kett) 9.31; 5, G. Blount (Ver) 9.32; 6, M. Batchelor (Barn) 9.37. **Teams:** 1, Verlea 31; 2, Feltham 47; 3, Barnet 57; 4, Enfield 69; 5, Kettering 79; 6, Rugby 103. **(U.12)** 1, N. Thornton (Rugby) 8.28; 2, D. Jenkins (Ver) 8.40; 3, K. Morton (Ver) 8.42; 4, P. Ayrey (Ver) 8.47; 5, P. Hutchinson (Hun) 8.47; 6, G. Hobson (Ver) 8.48. **Teams:** 1, Verlea 15; 2, Barnet 55; 3, Rugby 75; 4, Ealing & Southall 95; 5, Stev. & NH 120; 6, Huntingdon 122. **Overall:** 1, Verlea 87; 2, Barnet 177; 3, AEI Rugby 258. **(Girls, U.16)** 1, B. Price (Uxb) 9.17; 2, H. Dunsdon (Felt) 9.37; 3, K. Barnett (Wind) 9.43; 4, T. Meeson (Uxb) 10.01; 5, J. Low (Uxb) 10.06; 6, J. Adams (Ver) 10.07. **Teams:** 1, Uxbridge 17; 2, Feltham 41; 3, Verlea 43; 4, Enfield 72; 5, Wycombe 72; 6, Windsor 75. **(U.14)** 1, K. Kosbab (Felt) 8.09; 2, J. Brinkhurst (Hunt) 8.41; 3, K. Higgins (Ver) 8.44; 4, J. Berry (Wy) 8.45; 5, D. Price (Uxb) 8.51; 6, J. Hammond (Stev) 8.58. **Teams:** 1, Verlea 36; 2, Stevenage & NH 47; 3, Uxbridge 50. **(U.12)** 1, J. Crook (Uxb) 6.40; 2, J. Rout (Felt) 6.52; 3, S. Black (Hunt) 7.07; 4, S. Hann (Wind) 7.03; 5, S. Wilsmore (Ver) 7.04; 6, K. Wragg (Uxb) 7.05. **Teams:** 1, Verlea 35; 2, Uxbridge 60; 3, Stevenage & NH 73; 4, Windsor 77; 5, Feltham 91; 6, Coventry 93.

Overall Result: 1, Verlea 114; 2, Uxbridge 127; 3, Stevenage 216.

Shaftesbury H Boys & Colts Races, at Parliament Hill, February 6th (Further results). **Boys:** 7, I. Haslock (S'ton) 11.59; 8, R. Brown (Shaft) 12.00; 9, A. Hill (Stev. & NH) 12.06; 10, K. O'Shea (TVH) 12.07; 11, D. Wright (Hill) 12.09; 12, R. Lees (Hill) 12.13; 13, G. Arnell (Watford) 12.17; 14, J. Kilsby (S'gate) 12.18; 15, J. Norton (Shaft) 12.19; 16, O. Arif (H'gate) 12.19; 17, M. Partridge (Windsor) 12.20; 18, P. Adams (Wycombe P) 12.20; 19, D. Wolfe (Hill) 12.23; 20, N. Pratt (H'gate) 12.24. (74 finished). **(Colts)** 7, S. Lowe (Watford) 10.48; 8, P. Holland (Horn) 10.54; 9, J. Halford (Shaft) 10.58; 10, R. Harnaman (Luton) 10.59; 11, J. Warren (S'ton & E) 11.01; 12, G. McEvilly (Feltham) 11.03; 13, S. Morley (Shaft) 11.06; 14, K. Hayman (Haywards H) 11.06; 15, K. Chimes (Walton) 11.12; 16, S. Khan (Luton) 11.14; 17, J. McLaughlin (Luton) 11.15; 18, G. Smith (Shaft) 11.18; 19, G. Ash (S'gate) 11.19; 20, P. Baker (TVH) 11.20. (107 finished).

ADVANCE NOTICE

BROMSGROVE AND REDDITCH A.C.

in conjunction with the Supporters Assn.

FIRST ANNUAL MEETING

At Abbey Stadium, Redditch

Saturday, August 7th, 1971

For junior and intermediate ladies, with some open events for senior ladies. Age groups: 11-13, 13-15, 15-17. Individual and team awards; standard certificates. Details from Brian Grogan, 36 Whitefield Road, Solihull (021-705 1243).

MANX ATHLETIC CLUB EASTER ATHLETIC FESTIVAL

Friday 9th—Sunday 11th April, 1971.

GOOD FRIDAY—4 Mile Road Race.

Prizes 1st—6th & first 3 teams. Also Junior Race.

EASTER SAT.—Manx Relay Trophy.

Teams of four. Prizes first 3 teams.

EASTER SUN.—4 Mile Hill Race. Prizes as for Friday.

"FESTIVAL PRESENTATION NIGHT"—

SUNDAY

Plus

Manx Easter Festival Club Championship.

Manx Easter Festival Students Championship.

Reduced boat travel and accommodation. Details from B. Whitehead, 2 Marine View Close, Onchan, Isle of Man.

ENTRIES CLOSE 1st APRIL, 1971.

Overseas News and Results

Colette Besson Beaten In Indoor 400 Metres

COLETTE BESSON was beaten by Eliane Jacq over 400m, 55.5 to 55.7, at the INS indoor track, Paris, on February 7th. An hour later, the Olympic champion managed to win the 800m narrowly in 2:15.3. It is this event that she plans to run in the European Indoor Championships, hoping for a time around the 2:05 mark. Britain meet France (men and women) at Cosford on February 27th.

Results—60m: Sarteur 6.7, Gres 6.8, Limousin 6.8; 400m: Malingre 48.2, Bertoulet 48.6, Gakou (Sen) 48.9, Nicolau 49.1; 800m: Meyer 1:52.9, Taillard 1:52.9; 1500m: Toussaint 3:47.6, Boxberger 3:47.9, Nicolas 3:50.7; 3000m: Vervoort 8:09.8, Leborgne 8:13.0; PV: Bellot, Meyer, Lefebvre, Labbe & Bailly all 4.65/15'3"; LJ: Housiaux (Bel) 7.55/24'9", Bonheme 7.48/24'6"; Tourret 7.31/23'11"; women's 400m: Jacq 55.5, Besson 55.7, Leclerc 56.0, Telliez 56.3; 800m: Besson 2:15.3, Baulu 2:15.5; 1500m: Herisson 4:41.4, Deschamps 4:47.7; 60mH: Andre 8.8, Picault 8.8; HJ: Constans 1.72/5'7", Horrent 1.72.

There were four French indoor bests recorded during the second part of the "Criteriums Nationaux" on February 13th: by Drut in the high hurdles, Perrot (19) in the 300m hurdles, Perinelle in the 600m—ahead of Nallet, who was more than content to break 80 sec, and old king Colnard.

Results: 300m: (A) Bourbeillon 34.5, Devillon 34.5; (B) Ducasse 34.4; 600m: Perinelle 78.5, Nallet 78.8, Gakou (Sen) 80.6; 60mH: Drut 7.6 (7.6 ht), Raybois 7.9, Malrieu 7.9, Brilland 7.9 (7.8 ht); 300mH: Perrot 37.0, Morozzi 38.2, Deborde 38.2; HJ: Elliott 2.12/6'11", Lamy & Fillion 2.08/6'9", Gauthier 2.08... 7, Madubost 2.00/6'6"; Sainte-Rose failed 2.00; PV: Ollivary 5.00/16'4", Lefebvre 4.90/16'0"; Bellot no height; TJ: Dia Mansour (Sen) 15.96/52'4", Firca 15.88/52'1", Lejeune 15.45/50'8"; SP: Colnard 19.21/63'0", Brouzet 18.36/60'2", Beer 18.25/59'10"; women's 60m: Telliez 7.4 (7.4 ht), Beugnet 7.4, Moreau 7.6; LJ: Leduc 5.81/19'0", Vercelli 5.48/17'11"; SP: Parguel 14.13/46'4", Nuss 13.07/42'10".

There was a record entry of 10,044 (!) for the THIRTY cross-country races staged on one day in the Bois de Boulogne and organised by *Le Figaro*. Jean Wadoux won the star event in 30:31.6, with Michel Bernard 11th... Michel Jazy (34) has been reinstated by the French Federation for all domestic competition with the exception of international matches... Jacques Accambay threw the hammer 70.50/231'3" in training at Kent State University, Ohio, recently

... The Strasbourg to Paris walk (520km) will be held from June 10th to 13th this year... The number of registered athletes (all age groups) in France reached a record total last year of 88,837, of whom 21,814 are females. The 1960 figure was 42,036, in 1964 it was 57,700 and in 1968 it was 77,463... National director Robert Bobin believes Jean-Claude Nallet can run close to 47 sec for 400m hurdles by 1972, and 44.0-44.5 on the flat. He also thinks Christian Nicolau (45.7 400m) is a potential 800m world record breaker... National pole vault coach Maurice Houvion, who cleared 4.80/15'9" at the INS in December, predicts Francois Tracanelli (now at UCLA) will vault 5.60/18'4" this year... Gerard Lamy, whose personal best is 2.15/7'0", jumped 2.17/7'1" in training last month.

USA

9.1. Ypsilanti. 300m: Eugene Thomas 32.8 (world best). 15.1. Women's 440y: Norman 55.1, Burnett 56.7; mile: Bonner 4:59.3. 16.1. Urbana. Women's 220y: Barr 24.8; 60yH: Rallins 7.8; LJ: White 5.92/19'5". 16.1. Pocattello. 100y: Quarrie (Jam) 9.3 (world best); 300y: Carl Lawson 30.4 (eq.



Margaret Beacham has lost her world indoor bests at 1000m and 1500m but has a chance of recapturing the latter in Berlin this week-end.

Peter Tempest

US rec); 440y: Garrison 47.5. **16.1. Los Angeles.** 60y: Ravelomanantsoa (Malag) 6.1, Meriwether 6.1, Pender 6.2, Deckard 6.2; 500y: Evans 57.9, Williams 58.4, Frey 58.8; 1000y: Luzins 2:11.2, K. Andersson (Swe) 2:11.2, W. Bell 2:14.6; mile: Bair 4:01.0, Von Ruden 4:01.0, LaBenz 4:01.1, J. Lawson 4:10.7; 2M: Young 8:42.2, A. Kvalheim (Nor) 8:44.2, Shorter 8:45.8, Pearce (Aus) 8:47.0; 60yH: Davenport 7.1, Babb 7.2, Power 7.3; HJ: Brown 2.17/7'1½", Dobroth 2.13/7'0", Shepard 2.08/6'10", Fosbury 1.98/6'6"; PV: Seagren 5.31/17'5½", Railsback 5.20/17'1", Pennel, Isaksson (Swe) & Caruthers 5.03/16'6"; LJ: Royster 7.67/25'2", Whitley 7.48/24'6½", Anderson 7.43/24'4½", Shinnick 7.24/23'9"; SP: Matson 20.67/67'10" (eq. world best), Feuerbach 20.64/67'8½".

22.1. San Francisco. 60y: Hart 6.1, Edmonson 6.1, Turner 6.2; 440y: Evans 49.1; 880y: Winzenried 1:50.8; mile: Ryun 4:04.4, MacDonald 4:10.2; 2M: Pearce (Aus) 8:38.2; 60yH: Davenport 7.1; HJ: Brown 2.18/7'2"; PV: Caruthers 5.03/16'6", Tracaneli (Fra) 5.03; LJ: Whitley 7.48/24'6½"; TJ: Tiff 16.04/52'7½"; SP: Feuerbach 21.00/68'11", Matson 20.95/68'8"; women's 1000y: Larrieu 2:38.1 (world best). **23.1 Albuquerque.** 60y: Branch 6.1; 300y: Mitchell 30.9 (21.6 at 220y, world best); 600y: Cole 1:10.5; 1000y: Von Ruden 2:06.1; mile: LaBenz 4:11.8; 2M: Young 8:56.0, Pearce (Aus) 8:56.2, SLINEY 8:58.2, BEDNARSKI 9:01.6; 60yH: Walker 6.9; HJ: Brown 2.13/7'0"; PV: Railsback 5.03/16'6"; TJ: Mohinder Singh Gill (Ind) 16.19/53'1½"; SP: Matson 20.72/68'0", Feuerbach 20.17/66'2½"; women's 60y: Laing 6.9; 600y: Hudson 1:22.5 (US rec); HJ: Brill (Can) 1.85/6'0½". **23.1. Philadelphia.** 440y: Badenski (Pol) 50.6; 1000y: Luzins 2:10.8; mile: Szordykowski (Pol) 4:06.5, Murphy (RoI) 4:07.1; 50yH: Coleman 6.1. **23.1. Kansas City.** 60y: Ravelomanantsoa (Malag) 5.9 (eq. world best); 2M: Maddaford (NZ) 8:47.8.

29.1. New York. 500y: McPherson 57.7, Bruggerman & Burnett 57.7; 600y: Evans 1:10.5, Ulan 1:10.9; 880y: Winzenried 1:52.7, Cayenne (Trin) 1:52.7, O'Keefe (RoI) 1:53.0; 1000y: Dyce (Jam) 2:07.7; mile: Liquori 4:00.6; 2M: Pearce (Aus) 8:36.4; HJ: Brown 2.13/7'0", Shepard & Jourdan 2.08/6'10", Azzaro (Ita) & David 2.08; PV: Hurley 5.03/16'6"; women's 60y: Davis 6.9; 880y: Tous-saint 2:10.0. **30.1. Portland.** 60y: Clayton 6.1, Edmonson 6.1; mile: May (WG) 4:04.7, Ritchie 4:06.9; 2M: Prefontaine 8:32.0, A. Kvalheim (Nor) 8:46.6; 60yH: Tipton 7.1; PV: Tracaneli (Fra) 4.99/16'4½", Phillips 4.87/16'0"; LJ: Hines 7.60/24'11½"; SP: Matson 20.79/68'2½", Feuerbach 20.62/67'8". **30.1. Boston.** 50y: Meriwether 5.3; 600y: Badenski (Pol) 1:10.5; 880y: Kupczyk (Pol) 1:53.1; 1000y: Von Ruden 2:07.8; mile: LaBenz 4:09.2, Szordykowski (Pol) 4:09.2; 45yH: Davenport 5.6.

5.2. New York. 60y: J. Green 6.2; 500y: Vicens 57.0; 600y: Ulan 1:11.4; 880y: O'Keefe (RoI) 1:53.5; 1000y: Liquori 2:08.3, McElroy 2:09.3; mile: Del Buono (Ita) 4:04.6, MASON 4:06.4, Quax (NZ) 4:07.8, Murphy (RoI) 4:08.7; 2M: J. Mason 8:50.4; 60yH: Coleman 7.2; HJ: Azzaro (Ita) 2.16/7'1"; PV: Johnson 5.19/17'0½". **5.2.**

Fort Worth. 60y: M. Mills 6.2; 1000y: Rose 2:09.5; mile: Von Ruden 3:59.4, Crawford 4:01.4; PV: Seagren 5.18/17'0"; SP: Matson 20.83/68'4", Feuerbach 20.31/66'7½". **6.2. Seattle.** 60y: Edmonson 6.1, Miller (Jam) 6.1; 440y: Garrison 49.4; 600y: Badenski (Pol) 1:11.1, Martin 1:11.2; 880y: LaBenz 1:53.9; mile: J. Mason 4:02.9; 2M: Pearce (Aus) 8:27.2 (eq. world best; actually 8:27.1), Szordykowski (Pol) 8:44.4; 60yH: Tipton 7.2; HJ: Brown 2.13/7'0"; PV: Isaksson (Swe) 5.21/17'1½", Pullard 5.06/16'7½"; LJ: Moore 7.69/25'3"; TJ: Mohinder Singh Gill (Ind) 16.11/52'10½"; SP: Feuerbach 19.91/65'4"; women's 880y: Brown 2:07.3 (world best). **6.2. Baltimore.** 60y: Tony Greene 6.0, Rogers 6.0, Meriwether 6.0; 880y: O'Keefe (RoI) 1:50.4. **6.2. Long Beach.** (outdoors) 35lb WT: Frenn 22.03/72'3½" (world best), Connolly 21.33/70'0".

CHINA

Whether that world record high jump of 2.29/7'6" by Ni Chih-chin on November 8th was made in competition is highly questionable. A report in *L'Equipe* quotes a despatch from an Agence France-Presse correspondent in Peking which states that Ni Chih-chin cleared that height TWICE on that occasion—which would be somewhat irregular in a normally organised competition. More likely it was a demonstration.

Other reports trickling out of China suggest that Ni cleared 2.24/7'4½" or higher on five occasions in 1970 prior to the 2.29. Ni (28) is married to the national 100m record holder (11.5) Ho Tsufen and they have a year-old son.

USSR

Margaret Beacham's world indoor 1000m best of 2:46.5 was beaten by Lyudmila Bragina, with 2:44.4 in Moscow earlier this month. Other results—400m: Savchuk 48.7; 3000m: Zhelobovskiy 8:00.4; LJ: Ter-Ovanesyan 7.65/25'1½"; TJ: Saneyev 16.54/54'3½"; women's 100m: Zharkova 11.7; 400m: Chistyakova (1968 Olympic bronze medallist) 57.7; 100mH: Tikhomirova 13.9; HJ: Choukova 1.79/5'10½"; SP: Chizhova 18.22/59'9½" (set world best of 18.62/61'1½" earlier in winter).

PUERTO RICO

Britain's Fergus Murray finished second in 1:07:59 to Rafael Perez (Costa Rica), 1:07:30, in a 21.6km road race at Coamo on February 7th. Romero (Mexico) was 3rd in 1:08:38, and Mike Teer 5th. Britain won the team race.

WEST GERMANY

Bodo Tummler, 1966 European 1500m champion, is training again after missing a whole year following operations on both legs... Jurgen May, who ran an 8:41.4 steeplechase in his debut last year, has decided to concentrate on this event with Helsinki and Munich in mind.

Indoor results include—60y: Hirscht 6.1; 60yH: Nickel 7.2; 60mH: Berkes 7.6; HJ: Doster 2.21/7'3", Zacharias 2.17/7'1½", Margerl 2.12/6'11½"; PV: Engel 5.10/16'8½"; LJ: Baumgartner 7.99/26'2½", Latzel 7.75/25'5½"; TJ: Sauer 16.32/53'6½"; women's LJ: Rosendahl 6.64/21'9½".

Norpoth Smashes Indoor 1500 Metres Record

HARALD NORPOTH (28), former Olympic and European 5000m silver medallist, ran his fastest ever 1500m in West Berlin last Saturday. Representing West Germany against Spain on the super-fast 190m track at the Deutschland-halle, and expecting no faster than 3:41, he ripped off a world indoor best of 3:37.8—no less than 2.9 sec. inside Michel Jazy's 1966 figures. Following a 60 sec. opening 400m, Norpoth dashed ahead to pass 600m in 1:29.9, 800m in 1:57.1, 1000m in 2:25.0 and 1200m in 2:55.4. Note that he covered the 400m stretch between 600m and 1000m in 55.1! He finished 40m ahead of Juan Borraz (3:43.6).

At the same meeting, Christa Merten (26), who ran 800m in 2:06.6 and 1500m in 4:16.0 outdoors last year, broke Margaret Beacham's recent world indoor best of 4:20.5 with a 4:17.9 timing, followed by Ellen Tittel at 4:18.4. Intermediate times were: 400m-69.2 (Beacham 65.3), 800m-2:20.0 (2:15.5), 1000m-2:55.0 (2:51.2) and 1200m-3:33.2 (3:27.1). Time for the final 300m: a tremendous 44.7. That's 59.6 400 pace!

Kjell Isaksson (Sweden) regained the world indoor pole vault best from Jan Johnson (US) when he cleared 5.38/17'7½" in Los Angeles on February 12th. He failed at 5.50/18'0½". Behind him Bob Seagren vaulted 5.18/17'0" and Francois Tracanelli of France 5.03/16'6". Henryk Szordykowski (Poland) and John Mason dead heaved in a 3:58.9 mile but, in Houston, Marty Liquori ran faster. He contributed a 3:56.8 relay leg on the Friday and 3:57.2 in the individual event the next night, with Len Hilton showing 3:59.0. Mel Pender tied the 70y record of 6.8 at Louisville, while Herb Washington clocked a record equalling 5.9 60y at East Lansing.

Two world bests at the East German indoor championships in East Berlin last Sunday: Renate Stecher, née Meissner (she married Gerd Stecher, a 51.7 400m hurdler) equalled Barbara Ferrell's outstanding 50m time of 6.0, and Annelie Ehrhardt, née Jahns clipped a tenth off Chi Cheng's mark with 6.8 for 50m hurdles. Hartmut Briesenick put the shot 20.40/66'11¼".

WOMEN'S NATIONAL CC

The Women's National CC Championships, with a total entry of 1100 runners, are being held in Wolverhampton on February 27th (first race 2.30). Changing accommodation at Smestow Comprehensive School, Windmill Lane, Castlecroft, Wolverhampton. Take 43 bus from Queen Street to Windmill Lane.

For motorists: leave M6 at Exit 11; enter Wolverhampton on A460; left into Stafford Street; right onto Inner Ring Road, leaving at A41 (N. Wales exit); at first set of traffic lights take middle exit into Compton Road then continue slight left into Bridgnorth Road; left after a mile (opposite Mermaid Hotel) into Windmill Lane.

BRITISH TEAM IN E. BERLIN

BITRAIN, who lost 54½-73½ (men) and 39-56 (women) to the GDR at Cosford last February, face an equally tough task in the return match in East Berlin today (Saturday). Here is a comparison of the respective national indoor bests in the events to be contested:—

55m (60y): UK—6.2 Radford 1959, Segal 1961/2/3, Kelly 1965; GDR—6.1 Gollos 1967/8/9 & 11 other men. 400m: UK—47.4 Campbell 1969; GDR—47.9 Koch 1966. 800m: UK—1:49.2 Adams 1969; GDR—1:46.6 Fromm 1969. 1500m: UK—3:43.0 Whetton 1967; GDR—3:42.0 Herrmann 1965. 3000m: UK—7:47.0 Wilde 1970; GDR—7:47.8 Diessner 1969. 55mH — UK — 7.0 Pascoe 1969; GDR — 6.9 Bethge 1969. HJ: UK — 2.09/6'10¼" Livesey 1971; GDR — 2.18/7'1¼" Duhrop 1970. PV: UK—5.03/16'6" Bull 1969; GDR—5.27/17'3¼" Nordwig 1970. LJ: UK—7.97/26'2" Davies 1966; GDR—8.04/26'4¼" Beer 1970. TJ: UK—15.99/52'5¼" Boosey 1969; GDR—16.74/54'11¼" Drechsel 1970. SP: UK—19.16/62'11¼" Rowe 1962; GDR—20.40/66'11¼" Briesenick 1971.

Women

55m: UK—6.8 Stroud 1970; GDR—6.6 Meissner 1970. 400m: UK—53.0 Neufville 1970; GDR—55.5 Zehrt 1970. 800m: UK—2:06.5 Stirling 1970; GDR—2:05.3 Wieck 1969. 1500m: UK—4:20.5 Beacham 1971; GDR—4:19.6 Burneleit 1971. 55mH: UK—7.7 Toomey 1968; GDR—7.4 Balzer 1970. HJ: UK—1.76/5'9¼" Inkpen 1969; GDR—1.85/6'0¼" Schmidt 1968. LJ: UK—6.53/21'5" Toomey 1966; GDR—6.53/21'5¼" Wiczorek 1970. SP: UK—16.40/53'9¼" Peters 1970; GDR—18.39/60'4" Friedel 1970.

The track measures 142.9 metres.

SOUTHERN CHAMPIONSHIPS

10,000m at LAC Schools Meeting, Crystal Palace, April 24th; 20M Road Race in conjunction with Finchley "20", April 24th; Road Relay (12 stages) in conjunction with Belgrave H. Open Relay, March 27th; Senior Track & Field Championships, Crystal Palace, June 25th/26th; Junior/Youth Championships at Crystal Palace, June 19th/20th.

RON MACDONALD WINS IN SPAIN

Ron MacDonald of Scotland won a junior international CC race in Madrid last Sunday in 22:27.6 ahead of Belgium's European junior 3000m champion Herman Mignon (22:28.4) and fellow-Scot J. Brown (22:33.2). Spain won the team race from Scotland, 19-20.

CLASSIFIED ADVERTISEMENTS

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ATHLETIC EVENTS

An advertisement can increase **YOUR** entries, £1.50 per s.c. inch, per insertion, 33½% discount to clubs on three or more insertions of same copy.

SOUTHGATE HARRIERS

SATURDAY, MARCH 20th, 1971

At HILLY FIELDS, ENFIELD

BOYS' CROSS-COUNTRY RELAY

(4 x 1½ miles)

COLTS' CROSS-COUNTRY RACE

(All to run, 3 to score)

Awards: (Boys) Annual Trophy to winners. Medals first 3 teams, 3 fastest laps. (Colts) Annual trophy to winning team. Medals first 3 teams, first 3 individuals.

Entry Fees: Relay—40p, 'A' Team, 20p. others. Colts 5p per individual (no team fee).

Entries to: A. Jeff, 6 Louisa Court, Palace Road, London, N11 2PT (01-888 0281), by 10th March, 1971.

WATFORD HARRIERS

2nd ANNUAL ROAD RACE

(Under A.A.A. Laws)

WATFORD "6"

SATURDAY, 27th MARCH, 1971, at 3 p.m.

Awards: Prizes first 3 Individuals, first 3 Teams, 1st Veteran, 1st Veteran Team. Winning team to hold Watford "6" Trophy for one year.

Entries: ALL must enter as individuals 20p. Team entries separately 25p per team (4 to run, 3 to score).

Entries to: K. J. Dearing, 314 Watford Road, St. Albans, Herts. (Tel: St. Albans 64895).

ENTRIES CLOSE 19th MARCH, 1971

LEIGH HARRIERS & A.C.

Third Annual "J. Dickinson" 7½ Mile OPEN CROSS-COUNTRY RACE

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

Leigh Athletic Ground, Charles St., Leigh

SATURDAY, 13th MARCH, at 3.00 p.m.

3½ Mile Lap, flat course, some road, finish with one lap of track.

Awards: Ind. Prizes valued £5.25, £3, £1. Team Trophy and prizes valued 4 at £2, 4 at £1.50, 4 at £1. Also 1st Vet. (O/45) £1.

All enter as ind. **Fees:** Ind. 15p per team.

"F. BROWN" 2M. BOYS' C.C. RACE

2.30 p.m. Boys 0/14, U/16 on 1.9.70

Awards: Ind. Prizes value £2.50, £1.75, 75p Team Trophy and medals first 3 teams. **Fees:** Ind. 5p, teams 25p.

1½ MILE COLTS C.C. RACE

U/14 day of race. Entry Fee 5p

Awards: 1st 3 ind. Trophy & medals 1st 3 teams. **Entries** on AAA forms to C. F. Madely, 3 North Brown St., Leigh, Lancs. (Leigh 71384, day only). **Closing date 28th February.**

OXTED & DISTRICT A.C.

Clive C. Waters Memorial Trophy

FOURTH ANNUAL

5¼ MILES ROAD RACE

SATURDAY, 24th APRIL, 1971

At 2.45 p.m.

Under A.A.A. Laws

From Bushey Croft Recreation Ground

(Near The Old Bell Inn, Oxted)

Medals first 3 teams (4 to run, 3 to score) and first 3 individuals. Plus medal for first Veteran (Over 40). **Entries** (35p teams, 15p individual) close 11th April, 1971, to P. A. Smith, 15 St. Clair Close, Oxted, Surrey.

N.E. LONDON POLYTECHNIC S.U.

present

OPEN WEST HAM "8"

ROAD RACE

(Under A.A.A. Laws)

WEDNESDAY, 24th FEBRUARY, 2.30 p.m.

At Ashton Playing Fields, Woodford

Awards: First 3 teams, first 3 individuals.

Entry Fees: 25p per individual, 75p per team (four run, three score).

Entries to: Bob Penge, Sports Sec., N.E.L.P. Students Union, The Green, Romford Road, London, E.15, accepted up till 2 p.m. on day. Phone 01-534-4783 (10 a.m. to 5 p.m. weekdays).

SWINDON ATHLETIC CLUB

14th Annual

Road Relay Race

6x3 Miles, 270 Yds. • Under AAA Laws

SATURDAY, 13th MARCH, at 2.30 p.m.

From Richard Jefferies School, Helston Road, Swindon, Wilts.

also

YOUNG ATHLETES ROAD RACE

Under 18 on 1.9.70 • 6 Run, 3 Score

VALUABLE PRIZES ALL EVENTS

Entry Fees: 50p Senior, 37½p Y.A. Teams.

Entries to: W. A. Townsend, 280 Cricklade Road, Swindon, Wilts, by 1st March.

HILLINGDON ATHLETIC CLUB

present the 39th

FINCHLEY "20"

ON SATURDAY, APRIL 24th

(Under A.A.A. Laws)

The race incorporates the Southern, Middx., Herts., Bucks. and Berks. County Champs. Trophy to winning team. Prizes first 10 inds., first 3 teams of 4, and first 2 Vets.

Entry Fees: Fin. "20" ind. 25p; S'thn. ind. 20p; Berks. ind. 10p; Middx. Team 62½p. No other fees. Teams: Fin. any to enter, 8 run, 4 score; S'thn. 9 to enter, 6 run, 3 score; Middx. 12 to enter, 6 run, 3 score.

Entries on AAA forms to P. R. Burgess, 11 Hughes Road, Hayes, Middx.

CLOSING DATE 12th APRIL, 1971