

February 21st 1976 Vol. 30 No. 8

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thletics

weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

INSIDE

* Inter-Counties CC
Championships

* European Indoor
Preview

* Fay Nixon & Karen
Williams Featured

* British Students
CC Championships



15p

The IAC's
Superspike choir
in full voice.
See page 4.

Bukta



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Life into living

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Exceptional Value by Kingswell

A new lightweight road racing/training shoe with extremely hard wearing blue nylon upper and blue suede trim. Built-up heel and ridged Vibram gristle sole for the mileage man. Sizes: 6-11 (no 7½) £7.99.

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NOTE: Will customers please write name and address in block letters when ordering and remember to state size required.

Any goods exchanged or money refunded if returned in new condition within seven days. Full postage must be enclosed when exchanging goods.

Please enclose part postage, i.e. 25p for track-suits, 30p shoes, 10p shorts, vests etc.

THE SPORTS CENTRE

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Telephone: Medway 47055

SOUTHERN COUNTIES AMATEUR ATHLETIC ASSOCIATION

OPEN MEETING

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

at

CRYSTAL PALACE

on

WEDNESDAY, 10th MARCH, 1976

FIELD EVENTS (INDOORS):

- 6.30 p.m. Pole Vault (opening height 3.30m).
6.30 p.m. Long Jump (Seniors, Juniors & Youths).
8.00 p.m. Triple Jump (Seniors, Juniors & Youths).

OUTDOORS:

- 7.00 p.m. Discus (Seniors).
7.45 p.m. Shot (Seniors).

TRACK EVENTS:

- 7.00 p.m. 1500m (Seniors, Juniors, Youths & Boys).
7.45 p.m. 300m (Senior & Intermediate Ladies).
8.00 p.m. B.M.C. Invitation Races.
8.15 p.m. 5000m Walk (Seniors & Juniors).
8.40 p.m. 5000m (Seniors & Juniors).

ENTRY FEES: Seniors 25p., Juniors, Youths, Boys & Intermediate Ladies: 20p per event.

ENTRIES CLOSE FRI., 5th MARCH, 1976

If acknowledgement is required, please enclose S.A.E. with entry/entries.

To: The Hon. Secretary, S.C.A.A.A., 70 Brompton Road, London, SW3 1EE.

NAME:

ADDRESS

EVENT:

AGE GROUP:

CLUB:

BEST PERFORMANCE:

I enclose entry fee of:

WEDNESDAY, 10th MARCH, 1976

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

Vol 30 No 8

February 21st, 1976

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THE WEEK AHEAD

Saturday, February 21st: European Indoor Championships, Munich (1st day); MCAAA Open Indoor Meeting, RAF Cosford; Metropolitan CC League, Cranford; Surrey League, Petersham; Northern Women's CC League; Birmingham & Dist CC League 50th Anniversary (all divisions) Race, West Bromwich; Kent CC League, Canterbury; Mid-Surrey CC League, Milford; Halifax & Dist CC Champs, Huddersfield; Carnethy Hill Race, Penicuik; Essex Women's CC Relays, Highams Park; Hyde Park Relay; Islandmagee Road Race; Haringey & Southgate CC Races, Enfield; National Catholic Schools Boys CC Champs, Liverpool; Hants Schools CC Champs, Leigh Park; South Western Schools CC Champs, Cheltenham; Leicester Walking Club Schools Open Walk.

Sunday, February 22nd: European Indoor Champs (2nd day); Veterans National CC Champs, Parliament Hill.

Tuesday, February 24th: Chingford & Dist League, Walthamstow.

Wednesday, February 25th: West Midlands Wednesday CC League, Oswestry; National Police v National Fire Service v RAF, Wolverhampton.

INDOOR ROUND-UP

1/2.2. Moscow (USSR). 60m: Borzov 6.5; 60mH: Myasnikov 7.5 (eq Eur best); TJ: Sanyeyev 17.16/56'34" (not 17.10) (world best). **6/7.2. Dortmund (WG).** 800: Wellmann 1:47.2; women's 400: Wilden 52.28; HJ: Meyfarth 1.89/6'24". **7/8.2. Turku (Fin).** Women's 60m: Haglund (Swe) 7.0 (world best), Pursiainen 7.1; 400: Salin 52.9. **11.2. Milan:** 1500: BARRY SMITH 3:43.2. **13.2. Toronto.** Mile: Coghlan (RoI) 3:59.3, Dixon (NZ) 3:59.4; PV: Kozakiewicz (Pol) 5.57/18'34" (world best), Ripley (US) 5.50/18'04". **14.2. Winnipeg.** 3000: RON MARTIN 8:02.0; SP: GEOFF CAPES 20.98/68'10" (eq Eur best). **15.2. Bucharest (Rum).** 60m: Suselescu 6.4 (eq world best). **15.2. Munich.** 60mH: Myasnikov (USSR) 7.4 (Eur best); women's 60mH: Kononova (USSR) 7.9 (eq world best).

Apologies for a further mistake in the UK marathon list for 1975: Eric Austin should be credited with 2:17:41, Laurie Austin with 2:20:51.

* * *

Harry Wilson points out that he does not advise Katrina Colebrook, as stated in the British Milers' Club advert in the February 7th issue.

Cover photo by Peter Simpkin

SUPERSPIKE . . . SUPER FUND RAISER

"Milestone in relations between IAC and BAAB" —Derek Johnson

THANKS to 'Superspike', Britain's top athletes could soon be entering a new era in which the problem of finance to help their preparations will be solved. Unprecedented resources would become available—if the International Athletes Club's ambitious fund-raising plans produce the desired results.

Superspike? Yes, it's a gimmick—but one that could easily catch the public's imagination. The motif will be featured on tee-shirts, badges, patches, sweat-shirts, tank tops, briefs, sports caps and a wide range of general merchandise, shortly to be on sale all over the country. Superspike spectacles, with the accent on youth, will be arranged—starting with what is claimed to be the largest disco ever to be held in Britain scheduled for Wembley's Empire Pool on April 6th.

But it is on a record that much of the campaign's initial impetus will depend. Entitled (guess what) 'Superspike', and released this weekend, it is a very funny and catchy number on the lines of the Goodies' 'Funky Gibbon', composed and performed by Bill Oddie with John Cleese heard as a demented Olympic commentator. If, as is to be hoped, it attracts the attention of the radio disc jockeys and becomes a hit then the whole campaign will be off to a flying start. A film (tailor made for 'Top of the Pops' and similar TV shows) to go with the record is a lot of fun; shot at Aldersley prior to the National Indoor Championships it stars several of our leading athletes (as pictured on our cover) with Ainsley Bennett carrying off top honours!

Derek Johnson, a founder member of the IAC nearly 18 years ago and now its chairman, announced a few days before the campaign was revealed that the IAC and BAAB had reached an agreement to set up a joint Preparation Fund to help Britain's international athletes in their preparations for the Olympics and afterwards. The fund would augment and extend existing BAAB preparation funds and had received an initial



boost from a substantial personal contribution by Len Hatton, of Polytechnic Harriers. "Both the BAAB and ourselves have a common concern to see that the needs of international athletes are met as far as possible from funds administered within the sport," said Mr Johnson, who has been invited to become a member of the BAAB's Preparation Grants Sub-committee which allocates grants on behalf of the Board and will administer the joint fund.

Speaking at the Superspike launch, Mr Johnson suggested "this joint Preparation Fund will prove a milestone in the relations between us—recognition on their part that we have a substantial role to play in the sport at international level, recognition on our part that they have a right to see that funds raised in athletics are legitimately used; recognition by both of us that we are in the same business together—the best interests of British athletes."

He continued: "With the money raised we intend to set up an IAC Foundation with a full-time director and secretariat. The Foundation will be run by a board of trustees which will consist of members of the IAC, distinguished friends of the Club, and, I hope, members of the BAAB. Its

MANCHESTER Y.M.C.A.

Sixth Annual

20 KILOMETRES ROAD RACE

12 Miles 752 Yards Under A.A.A. Laws

SUNDAY, JUNE 27th, at 12 noon

Start and finish at Y.M.C.A. Sports Field, Princess Road, (A5103) 2 Miles South of City Centre.

Awards: first 10 Individuals, first 3 Teams, first 3 Vets O/40, first 3 Vets O/50. Certificates to all finishers. Spot Prizes.

Fees: 30p Individual, 50p Team.

Entries close 13th June

LATE ENTRIES 50p

Entries to D. O'Leary, 15 Sherewood Road, Woodley, Stockport. (061-430 6841).

simple objective will be to help maintain or enhance the standards of athletic performance amongst our top athletes. We will provide equipment and food, travel grants, warm weather and high altitude training camps and proper medical services. Above all, we shall lobby for a proper infrastructure in the sport; we shall lobby government and local authorities and whomever else handles public funds. Our immediate aim, of course, is to help ensure that our athletes who are going to Montreal do not suffer from lack of finance, and all the funds we use in this area will be put through the IAC/BAAB Preparation Fund.

"I believe that there is and always has been a great underlying affection for athletics in this country. It is a universal sport, giving equal place to men and women, drawing from the widest cross sections of the community, absolutely without class distinction.

"Today, we have the greatest competitive bunch of young athletes I have ever seen. I would not, in spite of our campaign, like to suggest that they will come home from the Olympic Games loaded with medals—but they are certainly going to run and jump and throw a bit in Montreal this year. What is unique about our present generation is the communication they have established with the public. This cross identification has led to the greatest upsurge in interest in our marvellous sport since the fifties. Best of all, young athletes are now pouring back into the clubs.

"The BAAB itself gets a lot of money into British athletics. They are, however, responsible for the whole of the sport in the country, from schools upwards. We are concerned with the inter-

national level exclusively. The BAAB have their own fund-raising campaign which, in style and content, is complementary to our own. We aim to supplement their efforts by a campaign which is by and for international athletes. I believe that both of us are going to raise a lot of money and I am very happy to say that we shall both be keeping it within our own sport."

The campaign could, he thought, raise as much as £100,000 in the first year.

Clive Rawes, the campaign director, explained the background to the Superspike scheme.

"It is now many months since David Hemery, who was then chairman of the IAC, and Derek Johnson began a series of discussions aimed at producing a development programme to meet the immediate needs and the long-term objectives of the athletes and the Club. Those discussions were always frustrated by lack of money to support their ideas; and a lot of thought was given to ways in which the funds could be raised.

"At this stage an organisation called 'Roger and Out Ltd', which had been thinking along similar lines, got in touch with Brendan Foster. When he heard their ideas he recommended that they immediately got in touch with the chairman of the IAC; and within a week a meeting was set up. The meeting was undoubtedly the turning point. It was a key moment because it produced the first glimmer of a solution to the problem of raising the essential funds.

"What was Roger and Out's formula? Quite simply, it was the combination of sports, entertainment and marketing activities. The essence of their idea was a campaign that would encourage people to buy tickets for specially presented entertainments (for example, a pop concert) set up in a manner that would enable the IAC to benefit from the gate. This is not, of course, a new idea; but what was a new element—and was unique to our sport—was the idea of using a campaign to encourage the public to purchase products, produced under special licence, and distributed through retailers throughout the country as part of their regular merchandise.

"At the outset, Derek Johnson made it clear that any such campaign must have the total ac-



Bill Oddie who, with John Cleese, gave his services free to help the Superspike campaign.

SPENBOROUGH & DIST. A.C. A 20 MILE ROAD RACE

(Under A.A.A. Laws)

Supported by Reebok International

Inc. the Yorkshire 20M Road Race Champ.

SUNDAY, 21st MARCH, at 2.30 p.m.

FROM SPENBOROUGH SPORTS STADIUM

Prizes: Yorks. Champ. Plaques first 3, Champ. badge for winner. Open Race: First 3 Ind., first 3 Teams of 3, First Vet.

Fee: 25p per person (P.O. payable to S. & DAC).

Entries, stating if eligible for Yorks Champ, to G. T. Fensom, 7 The Orchards, Church Lane, Gomersal, Cleckheaton, BD19 4QJ.

NOTE: This race will be used for selection for the Yorkshire team to compete in Inter-Counties '20' at Finchley on 17th April.

ceptance of the athletes themselves; and he detailed the criteria which any plan would have to fulfil. First, it must work within the existing Constitution, and be compatible with the Club's own programme. Similarly, it must work within the existing framework of the sport's own governing body. The plan must also provide opportunities for the athletes themselves to make a constructive contribution to the needs of their sport—particularly at international level. And the plan must relate athletes to their own generation, since the Club exists for the sake of active athletes.

"He also insisted that any campaign they devised must have a reasonably long life—perhaps three years—so as to be able to develop the natural potential of the various activities within it. And, finally, the campaign must build on the wonderful rapport which the athletes themselves have now established with the public. And it must do this without involving the athletes in any activities which would interfere with their carefully planned preparations for Montreal.

"With such constraints you might think we heard no more from Roger and Out. But come back to us they did. Their plan was to devise a distinct, all-embracing and popular identity for the IAC and its athletes. To achieve this they created Superspike. To go with the name they devised a character which would become a part of the logo. Both these symbols—the word and the character—are now the registered, official trade mark of the IAC campaign.

"Contracts are negotiated for a royalty percentage on behalf of Superspike; and it is this percentage that then goes directly to the IAC Development Foundation."

This is indeed an exciting development in British athletics and all concerned deserve congratulations for their initiative and imagination; it is most encouraging too for the future of our sport that the IAC and BAAB should be partners in such a project and not mutually antagonistic as over certain matters in the past.

Mel Watman

CAPES IN GOLD MEDAL FORM

EUGEN RAY (60), Gerhard Stolle (800), Klaus-Peter Justus (1500), Frank Baumgartl (3000), Thomas Munkelt (60H), Edgar Kirst (HJ), Wolfgang Reinhardt (PV), Heinz-Joachim Rothenburg (SP), Doris Maletzki (400), Christina Neumann (800), Waltraud Strotzer (1500) and Annelie Ehrhardt (60H). All winners in the recent UK v GDR match at Cosford, they are just some of the outstanding East Germans who WON'T be competing in the European Indoor Championships in Munich this weekend! The East Germans are sending a team of only nine and there isn't a runner among them. For the GDR the Olympics alone matter this year and, according to their periodisation policy, only certain field eventers stand to benefit from further indoor competition this winter.

Unhappily, two of Britain's selected athletes have had to withdraw. Reigning 60m champion Andrea Lynch has been affected by flu and Aston Moore has a foot injury. Glen Grant (1500) has been added to the party, Barry Smith's victory in 3:43.2 in Milan last week coming just too late to influence the selectors. A pity that Mary Stewart was not chosen for the 1500; her time of 4:17.3 behind Strotzer would rank her second on time among the likely contenders.

Clearly, Britain's best hope for a gold medal is Geoff Capes—champion in 1974, runner-up last year. He ended his North American trip on a high note in Winnipeg last weekend by equalling his European indoor best of 20.98/68"10". His only serious opposition would appear to be Sweden's Hans Hoglund (if he flies over from the USA) and the GDR's fifth string, Gerd Lochmann.

Highlight of a meeting which is usually dominated by the field events could be the pole vault where Poland's Wladyslaw Kozakiewicz (world best of 5.57/18'3½" last weekend) and

Tadeusz Slusarski (5.56/18'2½" the previous week) clash, but look also for a thrilling battle in the women's high jump where Olympic champion Ulrike Meyfarth is capable of upsetting the seemingly unbeatable Rosi Ackermann. BBC Television will be covering the meeting.

Times of finals: (Feb. 21st) 10.30—TJ; 14.00—PV, women's HJ; 17.30—60; 17.40—women's 60H. (Feb. 22nd) 10.00—women's LJ; 10.45—SP; 14.00—HJ; 14.30—women's SP; 15.00—women's 400; 15.10—LJ; 15.20—400; 15.35—women's 1500; 15.50—1500; 16.05—women's 800; 16.20—800; 16.35—3000; 16.55—women's 60; 17.10—60H.

MUNICH FORM GUIDE

Best indoor marks this winter by athletes likely to be competing in Munich:—

60: (electrical) 6.48 Lepold (Hun), 6.52 Lukacs (Hun), 6.55 Gresa (Hun), 6.59 Nowosz (Pol), 6.63 Mennea (Ita), 6.67 Papageorgopoulos (Gre). (manual) 6.4 Gresa, 6.4 Suselescu (Rum), 6. Borzov (USSR), 6.5 Petrescu (Rum), 6.5 Kornelyuk (USSR), 6.0y: 6.1 Garpenborg (Swe).

400: 47.5 Borghi (Ita), 47.5 Abeti (Ita), 47.9 Madry (Pol), 48.0 Sjoberg (Swe).

800: 1:48.2 Van Damme (Bel), 1:48.5 Grippo (Ita), 1:48.6 J. Schmid (WG), 1:50.0 PHIL LEWIS, 1:50.3 Gonzalez (Fra), 1:50.4 Zsinka (Hun), 1:50.4 Meyer (Fra), 1:50.5 Hoofd (Bel).

1500: 3:41.8* (3:59.3 mile) Coghlan (RoI), 3:43.0 Wessinghage (WG), 3:43.3 Helm (WG), 3:43.3 Ghipu (Rum), 3:45.2 Wellmann (WG) (1:47.2 800), 3:45.4 Janczuk (Pol), 3:45.4 GLEN GRANT, 3:46.2 Lvov (USSR).

3000: 7:50.2 Puttemans (Bel), 7:52.0 Weigt (WG), 7:53.0 Orthmann (WG), 7:53.4 Sensburg (WG), 7:57.8 Cerrada (Spa), 7:58.6 RAY SMEDLEY, 8:00.0 Polak (Cze), 8:00.8 Zacharopoulos (Gre).

60H: (electrical) 7.75 Jankowski (Pol), 7.86

Buttari (Ita), 7.87 Lazarescu (Rum), 7.88 Myasnikov (USSR), 7.91 Corval (Fra), 7.91 Pusty (Pol), 7.94 Zapata (Spa), 7.95 Kratschmer (WG), 7.97 Lloveras (Spa), 8.02 BERWYN PRICE. (manual) 7.4 Myasnikov (USSR), 7.7 Kulebyakin (USSR), 7.7 Bryggare (Fin), 7.7 Perlea (Rum), 7.8 Bogнар (Hun), 7.8 Milassin (Hun), 7.9 PRICE.

HJ: 2.24 Beilschmidt (GDR), 2.21 Morillas (Spa), 2.21 Senyukov (USSR), 2.18 Wszola (Pol), 2.18 Kashcheyev (USSR), 2.18 Skurichev (USSR), 2.18 Del Forno (Ita), 2.18 Moreau (Bel), 2.16 MIKE BUTTERFIELD.

PV: 5.57 Kozakiewicz (Pol), 5.56 Slusarski (Pol), 5.40 Murawski (Pol), 5.35 Prokhorenko (USSR), 5.25 Tananika (USSR).

LJ: 7.95 Kostov (Bul), 7.90 Cybulski (Pol), 7.89 Podluzhny (USSR), 7.81 Rieger (GDR), 7.79 Jarfelt (Swe), 7.75 Kowring (WG), 7.74 Rousseau (Fra), 7.73 Rodriguez (Spa), 7.72 Busse (WG), 7.69 ROY MITCHELL.

TJ: 17.16 Sanyeyev (USSR), 16.69 Valetudie (Fra), 16.67 Drehmel (GDR), 16.51 Kolmsee (WG), 16.40 Corbu (Rum), 16.39 Shevchenko (USSR), 16.31 Sontag (Pol).

SP: 20.98 GEOFF CAPES, 20.40 Hoglund (Swe), 20.16 Lochmann (GDR), 20.10 Yarosh (USSR), 19.89 Baryshnikov (USSR), 18.87 Brouzet (Fra), 18.77 Stahlberg (Fin).

Women

60: (electrical) 7.30 Szwinska (Pol), 7.33 Possekel (WG), 7.34 Telliez (Fra). (manual) 7.0 Haglund (Swe), 7.1 Storochkova (USSR), 7.1 Purssainen (Fin), 7.1 Anisimova (USSR), 7.2 Pos-

sekel, 7.3 SONIA LANNAMAN, 7.3 Kroniger (WG), 7.3 Helten (WG), 7.3 Gavchenko (USSR), 7.3 Haest (Aut).

400: 52.28 Wilden (WG), 52.9 Salin (Fin), 53.46 Fuhrmann (WG), 53.88 Tomova (Bul).

800: 2:01.1 Shtereva (Bul), 2:03.8 Klein (WG), 2:04.1 Traugott (WG).

1500: 4:10.4 Shtereva (Bul), 4:19.1 Ludwickska (Pol), 4:19.4 Romanova (USSR), 4:19.7 Castelain (Bel), —Kraus (WG) (2:03.4 800).

60H: (electrical) 7.99 Rabsztyan (Pol), 8.22 Schaluck (WG). (manual) 7.9 Kononova (USSR), 8.0 Anisimova (USSR), 8.1 Schaluck, 8.1 Lebedyeva (USSR), 8.2 Koschinski (WG).

HJ: 1.92 Ackermann (GDR), 1.90 Holzapfel (WG), 1.90 Kirst (GDR), 1.89 Meyfarth (WG), 1.87 Bradacova (Cze), 1.87 Sundqvist (Fin), 1.86 Wilken (WG), 1.86 Gusilenkov (USSR).

LJ: 6.76 Voigt (GDR), 6.62 Szabo (Hun), 6.47 Alfeyeva (USSR), 6.32 Potapova (USSR), 6.28 SUE REEVE, 6.28 Hedicke (WG).

SP: 20.78 Khristova (Bul), 19.89 Krachevskaya (USSR), 19.72 Schoknecht (GDR), 19.70 Wilms (WG), 19.07 Griessing (GDR).

The photo published on page 24 of the February 7th issue was of Adrian Stewart (Watford H), winner of the North of Thames Youths race, and not as stated in the caption.

The photographs in the first two advertisements inserted by the Race Walking Association in their campaign were donated by Mike Street.

REPRIEVED !!!

ISLE OF MAN EASTER ATHLETIC FESTIVAL

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

APRIL 16-17-18, 1976

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

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

ENTRIES CLOSE MARCH 20th, 1976

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

The gentle treatment for cold sores.

Most cold sore remedies come in solid lip-stick form. They can pull and tear at damaged skin tissues when you use them.

Blisteze, on the other hand, is a soft medicated cream. It smoothes on gently and invisibly.

Blisteze protects lips from cold and wind; and contains active ingredients that quickly help damaged tissues heal.

It works just as well for cracked or chapped lips too.

Blisteze
Gentle treatment for sore lips.



UK RELAY LISTS FOR 1975

Compiled by Keith Morbey (NUTS)

The compiler wishes to thank all who have sent in results and will be pleased to receive additional marks (by club or representative teams) and corrections at 23 Cowper Crescent, Bengoe, Hertford SG14 3DZ. Standards are shown in the headings for some events; for other relays—including non-listed events—any results would be

welcomed. Missing composition details are signified in the lists by an asterisk. Particularly requested are team compositions from the Achilles Schools Relays and ESAA Champs and results from NE Track League, Kent League, Young Athletes League, Preston Relays and Octavians Relays.

SENIOR MEN

- 4 x 100 METRES (43.3)**
 41.5* Thames Valley H
 41.6 Cardiff AAC
 41.6* Wolverhampton & Bilston
 41.8 Loughborough Colleges
 41.9 Essex Beagles
 42.2* Birchfield H
 42.3* Edinburgh Southern H
 42.5* Hillingdon AC
 42.6* Edinburgh AC
 42.6 Stretford AC
 42.6* Borough Road College

- 4 x 200 METRES (1:35.0)**
 1:27.2* Thames Valley H
 1:28.6 Chelmsford AC
 1:29.4 Essex Beagles
 1:30.8 London University
 1:31.5 Cambridge University
 1:31.5* Blackheath H

- 1:31.7 Borough Road College
 1:31.9* Sale H
 1:32.3 Oxford University
 1:32.4* Windsor, Slough & Eton

- 4 x 400 METRES (3:21.2)**
 3:08.3 Wolverhampton & Bilston
 3:08.9 Edinburgh AC
 3:13.5 Thames Valley H
 3:14.2* Birchfield H
 3:14.3 Edinburgh Southern H
 3:14.8 Cardiff AAC
 3:16.5 Hillingdon AC
 3:16.7 Stretford AC
 3:16.8 Polytechnic H
 3:18.0 Sale H

- 4 x 800 METRES**
 7:53.2 Oxford University
 7:59.4 Borough Road College
 7:59.6 Cambridge University
 8:01.9 Pilkingtons
 8:06.0 Sutton H

- 4 x 1500 METRES**
 15:12.6 Bristol AC
 16:29.4* Edinburgh AC
 16:42.6* Bracknell AC
 16:47.6* Walthamstow AC
 16:55.8* Wycombe Phoenix
 16:57.8* Shrewsbury & Dist AC
 17:17.0* Windsor, Slough & Eton
 17:26.0 Aldershot, Farnham & D
 18:08.2* Basingstoke AC

- 1600 METRES MEDLEY (3:50.0)**
 3:30.1* Bournemouth AC
 3:31.9 Cambridge H
 3:32.4* South Shields
 3:33.1 Chelmsford AC
 3:35.2 Cannock Chase AC
 3:35.3* Harlow AC
 3:36.0* Garscube H
 3:36.2 Blackheath H
 3:36.8* Essex Beagles
 3:36.9* Ilford AC

NEWHAM ATHLETIC CLUB

presents

THE 'GOLDEN WONDER' FLOODLIT ATHLETIC MEETING

At the Terence McMillan Stadium

Plaistow, London E.13

ON WEDNESDAY, 28th APRIL, 1976

commencing at 7.00 p.m.

Come see some of the Probables and Possibles of Britain's 1976 Olympic Team.

Admission by Programme

Under A.A.A. and W.A.A.A. Laws

LIVERPOOL HARRIERS & A.C. (1882)

Hon. Secretary T. J. O'Mahoney

12 Kirkmore Road, Liverpool L18 4QN

OPEN MEETING

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

KIRKBY SPORTS CENTRE

NEAR LIVERPOOL

SUNDAY, 14th MARCH, 1976, 1—4 p.m.

Girls (Under 11 on 1.9.76)—800 metres.

Girls (11/12)—100m, 800m, L.J.

Junior Women (13/14)—100m, 800m, L.J.

Inter Women (15/16)—100m, 800m, L.J., H.J., Disc.

Boys (Under 11 on 1.9.76)—1500 metres.

Colt (11/12)—100m, 1500m.

Boys (13/14)—100m, 400m, 1500m.

Youths (15/16)—100m, 400m, 3000m, L.J., H.J., Jav., Disc., Shot.

Junior Men (17/18/19)—100m, 400m, 1500m, L.J., H.J., Jav., Disc., Shot.

Open—2000 metres Steeplechase (at 1 p.m.).

Entries: 20p per event, to Mr S. Fennell, 16 Stuart Avenue, Liverpool 25. (051-486 2801).

Entries close Wednesday, 3rd March. SAE with entry if acknowledgement/timetable required.

NOTE: Melbourne Trophy Open Meeting, Kirkby, Saturday, June 5th. British Athletics League, Div 4, Kirkby, Saturday, July 31st.

JUNIOR MEN**4 x 100 METRES (45.5)**

- 42.6* Thames Valley H
42.8 Pitreavie AAC
42.9 Essex Beagles
43.0 Victoria Park H
43.1* Croydon H
43.4 Sparkhill H
43.5* Birchfield H
43.7 Epsom & Ewell
43.8 Surrey AC
44.0* Hercules Wimbledon
44.0* Edinburgh Southern

4 x 200 METRES (1:45.0)

- 1:30.6 Sparkhill H
1:31.5 Epsom & Ewell
1:33.3* Uppingham Sch
1:34.2* Haberdasher Aske's Sch
1:34.3* Tonbridge School
1:34.5* Millfield School
1:34.8* Berkhamsted School
1:34.8* Sherborne School
1:35.8 Stretford AC
1:36.0* Haileybury

4 x 400 METRES (3:50.0)

- 3:20.6 Essex Beagles
3:22.0 Wolverhampton & Bilston
3:26.8* Pitreavie AAC
3:28.7 Holbeach AC
3:29.2* Victoria Park H
3:29.9* Liverpool Pembroke
3:30.8 Tonbridge AC
3:31.4* Sherborne School
3:31.6 Bristol AC
3:31.9 Polytechnic H

4 x 800 METRES (9:00.0)

- 8:13.3* Millfield School
8:30.2* Haberdasher Aske's Sch
8:37.6* Berkhamsted School
8:39.0* Harrow School
8:42.3* Wellington College
8:48.5* Abingdon School
8:51.2* Uppingham School
8:54.2* Clifton College

4 x 1500 METRES

- 16:12.6 Bristol AC

1600 METRES MEDLEY

- 3:39.5* Epsom & Ewell
3:40.1 Stockport H&AC
3:40.7 East Cheshire H
3:43.7 Bristol AC
3:44.2 Woodford Green AC
3:47.0* Yeovil Oly
3:48.2* Fleet & Crookham
3:49.4* Eton College
3:52.0* Aldershot, Farnham & D
3:52.7* Bracknell AC

YOUTHS**4 x 100 METRES (46.0)**

- 43.9* Victoria Park H
44.3* Brighton & Hove AC
44.4* Edinburgh AC
44.6* Lancing College
44.7* Haringey & Southgate
44.8* Lincoln C&C
44.8* Croydon H
45.0 B of Enfield
45.1* Birchfield H
45.1* Baines College

4 x 200 METRES (1:47.0)

- 1:33.1* Croydon H

- 1:33.7* Herne Hill H
1:33.8* Edinburgh AC
1:35.5* Epsom & Ewell
1:36.3 Grimsby H&AC
1:36.6 Houghton H
1:36.7 Lincoln C&C
1:37.9* Aldershot, Farnham & D
1:38.4* Malvern College
1:38.9* Eton College

4 x 400 METRES (4:00.0)

- 3:30.5* Central Region AC
3:31.2* Haringey & Southgate
3:31.8* Brighton & Hove AC
3:32.6 Bristol AC
3:33.1 Feltham AC
3:33.6 B of Enfield
3:33.9* Liverpool H&AC
3:34.1* Bracknell AC
3:34.8* Wolverhampton & Bilston
3:35.2* Mitcham AC

4 x 800 METRES (9:20.0)

- 8:07.6* Annadale Striders
8:11.0* Pilkingtons
8:30.5* Eton College
8:41.0* Stretford AC
8:45.4 Tipton H
8:48.3* Felsted School
8:48.4* Millfield School
8:48.4* Dr Challoners School
8:48.8* St Edwards College
8:53.6 Peterborough AC

4 x 1500 METRES

- 16:52.6 Essex Beagles
17:28.2 Westbury H

1600 METRES MEDLEY

- 3:45.6* Houghton H
3:48.2* Eton College
3:49.9* Woodford Green AC
3:54.4 Cambridge H
3:55.5 Elliott-Reed
3:56.0 Medway AC
3:57.6 Blackheath H
3:58.2 Watford H
4:01.9 Chelmsford AC
4:02.2 Judd School

BOYS**4 x 100 METRES (52.0)**

- 46.1* Edinburgh AC
46.2* London Irish AC
46.6* Leicester Coritanian
46.9* Haringey & Southgate
46.9* Central Region AAC
47.4 Stockport H&AC
47.4* Clyde Valley AC
47.6* Hazelhead Academy
47.6* Cardiff AAC
47.8 Bristol AC
47.8 Warrington AC

4 x 200 METRES

- 1:41.3 Leicester Coritanian
1:43.9* Edinburgh AC
1:45.0 Hickleton Main YC
1:45.0 Lincoln C&C
1:46.2 Holbeach AC
1:51.2 Shrewsbury School
1:53.0 Tipton H
1:53.9 Lincoln Wellington
1:55.4 Polytechnic H
2:00.0* Bedford & Co

4 x 400 METRES

- 3:40.6* Haringey & Southgate
3:42.4* Cardiff AAC
3:42.7* Bracknell AC

- 3:43.6* Leicester Coritanian
3:45.6 Stockport H&AC
3:50.6 Bristol AC
3:51.1 Guildford & Godalming
3:53.7* Central Region AAC
3:53.7* Victoria Park AAC
3:54.0* Stretford AC

4 x 800 METRES

- 9:01.3* Victoria Park AAC
9:02.4 Stockport H&AC
9:10.0 Bristol AC
9:19.8* Yeovil Oly
9:20.2* Stretford AC
9:20.8* Luton United
9:27.3* Walthamstow AC
9:54.4* Shrewsbury & Dist
9:57.8* Bracknell AC
9:58.2* Oxford City AC

1600 METRES MEDLEY

- 4:06.6 Maidstone GS
4:09.7* Eton College
4:16.0 Judd School
4:17.7 Sir J. Williamson Sch
4:17.9 Stockport H&AC
4:19.7 Kent AC
4:20.2 Tonbridge AC
4:24.5 Cambridge H
4:28.7 Medway AC
4:30.6 Dartford H

SENIOR WOMEN**4 x 100 METRES (49.3)**

- 45.9 Mitcham AC
46.2* Edinburgh Southern
46.5 Stretford AC
46.6* Wolverhampton & Bilston
47.0* Essex LAC
47.6 LOAC
47.8 Bristol AC
48.1 Sale H
48.1 Birchfield H
48.4 Reading AC
48.4 Exeter H
48.4* IM Marsh College

4 x 200 METRES

- 1:37.8 Stretford AC
1:38.7 Wolverhampton & Bilston
1:38.8 Essex LAC
1:40.2 Mitcham AC
1:41.9 Bristol AC
1:43.9 Cambridge H
1:45.4 Bracknell AC
1:45.6 Sale H
1:46.6* B of Enfield
1:46.8* Epsom & Ewell

4 x 400 METRES (4:01.0)

- 3:38.3 Wolverhampton & Bilston
3:41.8 Edinburgh Southern
3:45.1 Stretford AC
3:46.5 Mitcham AC
3:50.0 Essex LAC
3:51.2* LOAC
3:52.5 Cambridge H
3:53.1 Maryhill LAC
3:53.1 Birchfield H
3:53.3 Bristol AC

3 x 800 METRES

- 6:44.0* LOAC
6:44.9* Airedale & Spen V
6:48.4* Stretford AC
6:59.2 Sale H
6:59.4* Warrington AC
7:16.8 Norfolk Oly

4 x 800 METRES	
8:41.0	Cambridge H
8:58.6	LOAC
8:59.6	Stretford AC
9:02.0	Derby LAC
9:13.0	Wolverhampton & Bilston
9:23.8	Aldershot, Farnham & D
9:33.4	Havering AC
9:48.4	Longwood H

1600 METRES MEDLEY	
4:01.2	LOAC
4:07.5	Essex LAC
4:08.5*	Maryhill LAC
4:11.5	Havering AC
4:12.1*	Edinburgh Southern
4:12.2	Wigmore LAC
4:13.4*	Hillingdon AC
4:14.3	Derby LAC
4:17.4*	Exeter H
4:28.3*	Rossendale AC

INTERMEDIATES

4 x 100 METRES (50.9)	
47.8	B of Enfield
49.7	Liverpool H&AC
49.7	Sale H
49.9	Middlesex LAC
50.0	Chelmsford AC
50.0	Reading AC
50.1	Edinburgh Southern
50.1	Birchfield H
50.3	Houghton H
50.4	Notts AC

4 x 200 METRES (1:55.0)	
1:43.2	B of Enfield
1:45.6	Sale H

1:46.6	Medway AC
1:47.3	Leicester Coritanian
1:47.9	Derby LAC
1:48.0	Chelmsford AC
1:48.1*	Bromsgrove & Redditch
1:48.5*	Hillingdon AC
1:49.5	Middlesex LAC
1:50.0	Oxford LAC

4 x 400 METRES	
3:57.5	Pitreevie AAC
3:58.7	Bromsgrove & Redditch
4:07.4	Chelmsford AC
4:07.5	Oxford LAC
4:09.1	Middlesex LAC
4:09.6*	Bracknell AC
4:12.1	Sutton H
4:12.2	Tonbridge AC
4:24.2*	Reading AC
4:26.6*	Croydon H

4 x 800 METRES	
9:17.4	Bromsgrove & Redditch
9:20.4	Pitreevie AAC
9:32.4	Bracknell AC
9:35.0	Derby LAC
10:08.4	Havering AC
10:17.8	Mitcham AC

JUNIOR WOMEN

4 x 100 METRES (51.8)	
50.4	Bristol AC
50.6	Liverpool Pembroke
50.6	Hickleton Main
50.7	Harlow AC
50.7	Middlesex LAC
50.7	Edinburgh Southern
51.0	Stretford AC

51.0	Dorothy Hyman TC
51.0	Birchfield H
51.1	Coventry Godiva

4 x 200 METRES (1:56.8)	
1:48.7	Hickleton Main YC
1:49.6	Middlesex LAC
1:49.8*	Basildon AC
1:50.5*	Portsmouth Atalanta
1:50.6	Liverpool Pembroke
1:50.7*	Edinburgh Southern
1:51.3	Derby LAC
1:51.4	Cambridge H
1:51.6*	Harlow AC
1:52.0	Sale H

3 x 800 METRES	
7:09.4	Sale H
7:18.5*	Lancaster & Morecambe
7:27.1*	Uxbridge AC
7:28.2*	Warrington AC
7:30.0	Bristol AC
7:34.8*	Edinburgh AC
7:38.6*	Cardiff AAC
7:39.2	Bournemouth AC
7:39.9	Stockport H&AC
7:41.2	Frodsham & Dist

4 x 800 METRES	
9:30.4	Bracknell AC
9:45.3	Sale H
9:48.8	Havering AC
9:50.6	Aldershot, Farnham & D
9:51.6	Stretford AC
9:52.0	Bristol AC
9:52.8	Derby LAC
9:56.4	Lancaster & Morecambe
9:57.4	Warrington AC
9:57.6	Epsom & Ewell
9:57.6	Stockport H&AC

ALL-ROUNDERS IN SPARKLING FORM

DESPITE a lack of spectators and publicity, the all-rounders maintain their competitiveness and friendliness, as was evident from the annual test held at Cosford on February 7th. The women held their usual five indoor events, but the men added the pole vault to their usual five, making it a 'sextathlon'. To save time, the pole vault was limited to six trials, although three successive failures eliminated.

Men

A good number of 21 started, with UK decathlon record holder Peter Gabbett (now 34) returning to competition with a victory in the first event, the 60m, with a scintillating 7.1. The top heat of the 60m hurdles went to Alan Drayton with a fast 8.7, with Nick Phipps sharing the time in second place. Both Crotty and Gabbett clocked 8.8 to give Gabbett 1506pts to Crotty's 1463 and Phipps' 1447. The field was then split, with the top group taking part in the pole vault while the others did the long jump and shot. AAA champion Pan Zeniou, John Howell and Mike Lomas (married the previous weekend) all failed their opening heights. Alan Drayton, who missed much of the 1975 season through injury, cleared 4.00m before departing the competition. This left only Phipps and Gabbett. Both successfully cleared 4.30m. At 4.40m Nick cleared on his first attempt, but Peter failed in his two attempts (his six trials were then up). The scores after the

vault were Gabbett on 2390 and Phipps on 2356. Nick's spiral shot technique brought added points with a personal best equalling performance of 14.30m, to go into the lead with 3102 to Gabbett's 2977. Gabbett had two legal jumps, 6.86m and 6.97m—the latter would have been around 7.10m if he hadn't sat back. Phipps' 6.46m left him fractionally in the lead, 3808 to 3791. In the final event, the 1000m, Phipps stayed ahead of Gabbett, finishing with 2:56.6 for 4321pts, as against Gabbett's 2:57.3 for 4296pts. This should prove to be an excellent year for the decathletes. I predict an upsurge in the top level performances, with the athletes fighting for international places from those competing at Cosford, together with Daley Thompson (recovering from a bout of flu), Chris Youngs (hand injury), Gus McKenzie and Dave Kidner.

Women

Sue Longden started off with a devastating run in the 60m hurdles with an 8.4 clocking, to move her up to fourth place on the UK all-time indoor list. In her tracks were Sue Wright (8.6) and 18-year-old Hazel Oakes (8.7). The two Sues were top markers in the shot, Sue Longden achieving a pentathlon personal best of 12.10m, ahead of Sue Wright's 11.56m. This gave Mrs Longden 1683pts to Mrs Wright's 1601, with yet another Sue—Sue Mapstone—creeping into 3rd place with 1478pts to Hazel Oakes' 1472. There was some

good high jumping with seven going over 1.63m, Sue Longden and Jane Attrill (17) both cleared 1.69m. Sue Longden maintained her winning run with a good leap of 5.91m while Sue Mapstone moved into second place with 5.84m. Prior to the last event the points were Sue Longden 3494, Sue Mapstone 3244 and Sue Wright 3239. Sue Wright ran 25.3 to finish with 4059. Sue Longden dominated her heat with 24.8, ahead of Sue Mapstone at 26.0. Sue Longden won with a "UK best" indoors of 43.58, with Sue Wright regaining 2nd spot with 4059 to Sue Mapstone's 4006pts. Hazel Oakes' 25.2 brought her close to the 4000 mark.

It is interesting to note that the winners of both events are coached by Bruce Longden, who now has a first-class squad at Crawley.

Alan Lindop

1, N. Phipps (Enfield) 4321 (7.3, 8.7, 6.46, 14.30, 4.40, 2:56.6); 2, P. Gabbett 4296 (7.1, 8.8, 6.97, 11.82, 4.30, 2:57.3); 3, J. Crotty (Stoke) 4068 (7.2, 8.8, 6.66, 11.72, 3.60, 2:50.5); 4, A. Drayton (S&E) 3880 (7.4, 8.7, 6.43, 11.21, 4.00, 2:50.7); 5, G. Ward (Stoke) 3489 (7.7, 9.5, 6.15, 9.75, 3.80, 2:54.1); 6, J. McKee (Stoke) 3448 (7.3, 9.4, 6.18, 9.49, 2.70, 2:43.8); 7, P. Lewis (RN) 3362 (7.6, 10.3, 5.77, 11.70, 3.20, 2:42.8); 8, T. Walhen (RN) 3317 (7.8, 9.2, 5.66, 12.23, 3.35, 3:08.7); 9, M. Gascoigne-Pees (R&R) 3191 (7.8, 9.8, 6.31, 12.05, 2.50, 2:55.0); 10, P. Zeniou (N Lon) 3141 (7.7, 9.0, 6.10, 11.93, nh, 2:40.6); 11, L. Anthony (N Lon) 3082; 12, C. Brooks (Bel) 3072 (9.0); 13, J. Howell (Stoke) 3039 (9.0, PV—no ht); 14, E. Walters (N Lon) 3035; 15, M. Lomas (Stoke) 2941 (PV—no ht); 16, P. Edwards (Walt) 2882; 17, I. Scott (M&C) 2760; 18, P. Bamford 2738; 19, K. Sanderson (Rown) 2726; 20, C. McCarthy (W&B) 2589 (3.90); 21, P. Olsen (Card) 2397 (PV—no ht).

Women

1, S. Longden (Ex) 4358 (8.4, 12.10, 1.69, 5.91, 24.8); 2, S. Wright (Liv H) 4059 (8.6, 11.62, 1.63, 5.41, 25.3); 3, S. Mapstone (Har) 4006 (8.9, 10.90, 1.66, 5.84, 26.0); 4, H. Oakes (Croy) 3983 (8.7, 10.04, 1.66, 5.47, 25.2); 5, K. Warren (Dby) 3720 (9.3, 9.13, 1.63, 5.71, 26.1); 6, Y. Wray (Shrew) 3700 (9.0, 10.26, 1.54, 5.44, 26.3); 7, L. Robinson (B'field) 3640 (9.1, 9.58, 1.63, 5.28, 26.9); 8, J. Attrill (Ply) 3491 (9.3, 10.02, 1.69, 5.02, 28.7); 9, S. Dewhurst (Rown) 3238 (9.7, 9.50, 1.57, 4.71,

27.6); 10, S. Howells (Loz) 2840 (25.8); 11, S. Gilbert (B'mouth) 2801. L. Bennion (Stoke) dnf (8.9).

KING HENRY VIII SCHOOL, COVENTRY 6 x 2 MILES RELAY

January 28th

1, Bishop Vesey's GS (D. Ellis 11:57, G. Higgins 12:16, R. Cotterill 12:35, P. Williamson 11:55, R. Paxton 12:00, M. Ellison 11:40) 72:23;
2, King Henry VIII, Coventry (S. Philipson 11:55, R. Bartlett 12:17, N. Aldersley 12:24, N. Cowie 11:59, S. Watson 12:38, R. Laye 11:56) 73:09;

3, Bradford GS (N. McKay 12:46, D. Whitlam 12:09, A. Klenk 12:19, J. Sugden 12:13, D. Cohen 12:06, J. Cowling 11:44) 73:17;

4, St Edwards Coll 73:20; 5, West Park GS 73:24; 6, Coleraine 73:40; 7, Sir Thomas Rich's 74:09; 8, Dr Challoners GS 74:18; 9, Lenzie Acad 74:27; 10, Skinners 74:34; 11, Arthur Terry 75:22; 12, Stockport 75:29; 13, QECS, Wakefield 75:32; 14, Cheadle Moseley 76:03; 15, Loughborough GS 76:16.

Fastest: S. Kendall (Wed) 11:21, I. Murray (Len) 11:24, G. Williamson (Len) 11:26, D. Calvert (West P) 11:31, C. Prestt (QECS) 11:34, Ellison & B. Martyniuk (Sir TR) 11:40.

HIGH JUMP COURSE

Following their highly successful course last October, the High Jumpers' Club of Great Britain is to hold a coaching course at Crystal Palace on March 13/14th, starting at 9 a.m. Under the direction of Ron Murray the course is essentially for athletes, although club coaches, assistant club coaches and potential coaches are also invited to apply. The course will concentrate on high jumping technique with majority of time being spent in practical jumping sessions.

The cost of the course will be £12.50 for HJCG members and £13.00 for non-members. This cost includes bed, breakfast and dinner at the Queens Hotel, and lunches will be provided. Applications, together with the fee and an SAE, should be sent to the HJCG secretary: Gordon Faucon, 43 Thornhill Park Road, Thornhill, Southampton SO2 6AP. The closing date for applications is February 28th.

RYDE HARRIERS

in conjunction with Medina Borough Council

OPEN ATHLETICS PROGRAMME on the Isle of Wight, 1976

Sunday, 4th April

Saturday, 10th April

Sunday, 9th May

Saturday, 15th May

Sunday, 20th June

Sunday, 4th July

Monday, 30th August

Canoe Lake Relays—Men & Women.

Newport to Ryde 7 Miles Road Race—Men & Women.

Track Meeting at Smallbrook Stadium, Ryde. Open Vets. events—Men & Women.

Isle of Wight Marathon—Men & Women.

Open Track Meeting at Smallbrook Stadium, Ryde.

Open events in I.O.W. Track & Field Championships at Smallbrook Stadium, Ryde.

St. Helens 4½ Miles Road Race.

Separate announcements will follow.

Enquiries to Hon. Sec., Ryde Harriers, 31 High Street, Oakfield, Ryde, I.O.W. PO33 1EJ.

THE NEW WAVE IN WOMEN'S ATHLETICS

by Tony Miller

FAY NIXON

JUST as she dominated the 800m in 1974, Fay Nixon turned her attentions elsewhere last year and ended up as the top Junior girl sprinter in the country. Why did she switch to sprinting? "Initially to improve my speed for 800m races. The original plan for 1975 was to do more sprinting and also run the occasional 800m; however, things started to go so well in the sprints that my coach and I decided to forget 800m and concentrate on sprinting."

Fay Martin Nixon was born in Falkirk on October 18th 1960, stands 1.62/5'4" and weighs 45kg/100lb. A member of Edinburgh Southern Harriers, she attends Grangemouth High School and lists her hobbies as listening to pop music and dancing. Her personal bests are: 100m—11.9w/12.1 (1975), 200m—24.8w/25.0 (1975), 800m—2:13.1 (1974). Annual progression:

	100m	200m	800m
1972	14.3	29.1	2:29.5
1973	13.1	28.3	2:25.1
1974	12.6	25.3w (26.0)	2:13.1
1975	11.9w (12.1)	24.8w (25.0)	—

Fay was introduced to athletics at the age of 11 when her father entered her in the Mini Highland Games at Grangemouth Stadium and she was placed second in the 100m. She went back to the stadium after that, meeting up with Allan Finlay, who ever since has been the coach in a most successful partnership.

Most of that year, 1972, was spent on sprinting but perhaps her best run was in the East v West contest at Meadowbank in May, where she placed second in the Minor Girls 800m race in 2:29.5. During the winter she had several successful outings at cross-country, winning the Western title and finishing a close up fourth behind the all-conquering Pitreavie girls in the East v West match.

These performances pointed to some more good two lap excursions in the summer of 1973 and we weren't disappointed. Perhaps the best of her winning runs were the East v West (2:29.5), Scottish nationals (2:29.7) and a late season meeting at Grangemouth where she reduced her personal best to 2:25.1. In addition, Fay gained some useful experience representing Grangemouth Olympiads in the Motorway League, running in the Junior races against girls two years older.

The success carried on into the winter months with a win in the Scottish CC Championships, the Scottish League overall title and a fourth place in the Inter-League race. Then Fay produced what has been her best run to date over the country when she finished third in the National behind Jackie Priest and Shirley Johnson. "I remember when I got there I was amazed at the number of athletes in my race, 483! In Scotland I was accustomed to

running in a field of 50-80 competitors. The course was also a bit longer for me. I was pleased with my performance because I knew the English were good and I did not really expect to win it. After the race I didn't feel too good and I think it was probably one of the hardest races, physically, I have ever had."

The 800m times were obviously due for revision in her first term as a Junior, and in an early season Motorway League meeting on her home track, Fay annihilated the opposition in 2:19.7. But what made my eyes pop out was the 200m which showed her to be second in 26.0 in one of her first serious competitive sprint races. Fantastic, I thought, for a girl who is mainly a distance runner, but it was no flash in the pan for three weeks later in the East v West match at Meadowbank she ran 25.3. Fay recalls: "It was a good day and I had already run in the 800m which wasn't too hard a race (2:20.2). I felt like having a good run in the race and I had a good lane draw (3) with Karen Williams (2) and Lorraine Morris (4) who were the fastest Juniors in Scotland for 100m and 200m. It was a good run with Karen just pipping me for first in 25.2 and Lorraine third in 25.4. We all ran personal bests in that race."

There was no lagging behind at 800m either gradually improving with wins in the Western District (2:17.2), the Scottish Nationals (2:15.3) and the Champions of the Future meeting at Pitreavie (2:15.0). On July 15th Fay was selected to represent Scotland in the International Schools match at Meadowbank, and finished a marvellous third in 2:13.1 despite being easily the youngest girl in the race, and this time headed the UK rankings for the year. Two weeks later she ran away with the WAAA Junior title in 2:15.2, keeping going after she and her main rival Susan

THAMES VALLEY HARRIERS

FLOODLIT OPEN GRADED MEETING

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

At West London Stadium

WEDNESDAY, MARCH 3rd

7.00 p.m. 1200 metres—SENIOR LADIES;
Shot

7.20 p.m. 1200 metres

7.50 p.m. 300 metres; Hammer

8.10 p.m. 300 metres—SENIOR LADIES

8.20 p.m. 5000 metres

Entries: Vets, Seniors and Ladies 20p per event, others 15p per event to J. R. Sexton, 11 Hillview Court, Hillview Rd, Woking, Surrey, stating name, age, address, club, event and best recent performance.

Entries NOT accepted on the night
CLOSING DATE FEBRUARY 28th

Parker had set off at a very fast pace which was to completely destroy the Warrington girl.

Fay was soon to switch clubs, from Grangemouth Olympiades to ESH, "mainly to ensure I could get good competition and also to improve as an athlete. My coach and I discussed the move for a long time before making the decision to join ESH and I know now it was the right one. ESH are a fantastic club and I have received great encouragement from everyone there, particularly George Sinclair who has also helped me a great deal with my sprinting. I also have the opportunity of training fairly regularly with athletes like Helen Golden, Elaine Douglas, Anne Clarkson and Anne Littlejohn which I enjoy greatly. Overall, I would say last year was my happiest season in club athletics and everyone at the club was very pleased for George when we managed the clean sweep of all major trophies."

In the winter of '74/75 Fay had more success over the country, then in March went indoors to show her versatility by winning the Scottish 50m title and placing second in the WAAA Junior 60m. This was to open a great year of sprinting in which she was unbeaten by anybody in her own age group. It began with a 25.0 200m in the ESH club championships in April, followed by the Western District champs in which she achieved a 12.1/25.1 double. Most of the victories were by huge margins, which were highlighted by the Scottish championships where she won the 100m by 0.5 and the 200m by 1.6sec. The following week, Fay reduced her 200m time to 24.8w, and seven days later took the Scottish Schools titles in 12.0w and 24.9w, which she rates as her most satisfying performances. "I ran seven races in all that day and gained the most meritorious performance award."

Shortly afterwards Fay suffered a hamstring injury which caused her to miss the International Schools match, and she was unable to run flat out in the WAAA Junior 200m, even though she won easily enough. The only defeats in 1975 came at the Under 21 International at Middlesbrough where things still weren't quite right and the training not yet back to normal. Liz Eddy and Hazel Oaks not surprisingly beat her over 200m and a bad start did not help too much in the 100m. Still, she's got another five years to make up for it!

It wasn't too long before Fay was back on the winning trail, closing August with an 11.9w 100m in the Scottish Cup final and then running 12.1/25.0 in the final UK League meeting.

Not surprisingly, sprints are now her favourite events. "I don't find the training so hard as for 800m and I don't feel so nervous before sprints as I did in 800m." Fay feels that the 200m will prove to be her best event: "I consider myself a better 200m runner than 100m. I would also like to try 400m sometime." I think we would all like her to! The aims for 1976 are to improve her sprint times, and all-time "to compete in the Olympic Games for Great Britain and to become a successful senior athlete." Fay is looking forward to competing against seniors this year, hoping it will help her improve.

What she most enjoys about athletics is the training, meeting other athletes and travelling to away meetings with the club. The dislikes are meetings that are badly organised and lack atmosphere. Referring to mixed meetings, "I have only competed in three mixed meetings in Scotland and I am afraid they weren't too good. It seemed that the meeting was never going to end and the whole day was a drag." Athletes she particularly admires are Brendan Foster, Alan Pascoe and Andrea Lynch—"I hope they all win gold in Montreal."

Reflecting on something that must be becoming a more serious problem as the economic situation drags on, Fay suggests, "I would like to see some form of assistance provided for younger athletes, eg preferential terms, handouts, prizes etc for athletic equipment which has become so expensive over the last few years and I feel is so essential for good performances."

Training is done mostly on the Tartan tracks at Grangemouth and Meadowbank, with the added benefit of indoor facilities. The favourite among her sessions is the quality speedwork with other athletes. Sessions are adjusted if necessary to fit in with homework.

Winter (starts October with general conditioning): Sunday—Technique work. Monday—General strength—indoor games. Tuesday—Speed endurance, 2 x 4 x 150m (80% loading). Wednesday—Rest. Thursday—Technique work, 2 x 6 x 60m, short recovery work. Friday—Rest. Saturday—Hills.

Summer (Track work preceded by sprint drills and mobility exercises). Sunday—Sprint technique and drills—speed session. Monday—Mobility—easy jogging. Tuesday—Speed endurance, 2-3 x 300m (95% loading), full recovery. Wednesday—Starts—short clock speed session. Thursday/Friday—Rest—massage. Saturday—Compete.

KAREN WILLIAMS

Another Scots girl who can claim to be among the country's best in her age group at all distances ranging from 100m to 800m is Karen Williams—and not only these, for she is pretty expert at the long jump and pentathlon too. Add to this a National cross-country championship and I wonder who else on the women's side can claim such an astonishing range.

Karen Williams was born in Kirkcaldy, Fife-shire, on January 10th 1960 and now lives ten miles away in Dunfermline. Standing 1.69/5'6½" and weighing 58kg/128lb, she attends Woodmill High School and is a member of Pitreavie AAC. Outside athletics, she says her hobbies and interests—dancing (discos) and gymnastics—are very few as training takes up so much time. Personal bests are 100m—12.3 (1975), 200m—24.6 (1975), 400m—55.17 (1975), 800m—2:11.6 (1975), long jump—5.40/17'8½" (1973), inter pentathlon—3236 (1975). Annual progression:

	100m	200m	400/800m
1972	13.1	27.0	—
1973	12.8	26.4	—
1974	12.4	25.2w (25.7)	—
1975	12.3	24.6	55.17/2:11.6

It was Karen's brother and sister who influenced her into taking an interest in athletics at the tender age of nine or ten. She started "at almost everything but mainly cross-country and middle-distance running," and success came so quickly that before her 11th birthday she became joint overall winner in the Minor section of the Scottish CC League.

It was in the winter of 1971/2 that the Pitreavie club began to emerge as such a dominating force in Junior girl distance running, winning the Scottish Minor Road Relay championship easily. In the Scottish Cross-Country Championships, Karen took the title with her team-mates filling the next five places. Then they showed the rest of the country how good they were by placing 1st, 2nd, 4th and 7th in the National Championships at High Wycombe, with Karen again leading the way home. "It was a long, downward, muddy woodland path which turned suddenly to a long upward climb. I can remember my coach (James Bryce) shouting at me, and the pleasant sight of the winning tape at the end." In the summer, she gave an early demonstration of her versatility, placing third in the Scottish Minors 100m and second in the 200m.

Early in 1973, Karen again had a good cross-country season, finishing third in the Scottish and 13th in the National Championships, and sharing in the team victories. In her first season as a Junior on the track Karen quickly reduced her sprint times to 12.8 and 26.4. However, she was experiencing difficulty making her mark in these events and suddenly burst on the scene in the long jump. In late May she leapt out to what remains her personal best of 5.40 to win the East v West contest, ranking third in the UK lists for the year. The Scottish Schools title (5.38) was added but in between came her biggest disappointment to date which was "at the National (Scottish) where I had three no jumps, as two weeks earlier I had done the 5.40."

Entering 1974, Karen mixed helping Pitreavie win more cross-country titles in the Scottish and National events, with success indoors where she gave just a glimpse of her potential at the longer distances with a 1:40.4 for 600m. Then came an excellent track season in which she was to claim all the major home sprint titles. In May Karen took the Eastern titles, reducing her best times to 12.5 and 25.8. Two weeks later in the East v West competition came a cracking 200m, which she won in 25.2 and was to rank her in the top half dozen in the country. Her close rival, Lorraine Morris, just inched her out, both recording a personal best 12.4. On successive weekends she scored a double in the Scottish Championships, then won the Scottish Schools pentathlon by over 350 points and finished up with a double in the National Schools Championships.

Her best long jump for the year was 5.30, but this was to be more or less the end as far as that event was concerned. "Two years ago I did quite a lot of training for the long jump, but began to develop leg trouble, so I decided to stick to track."

Despite all her success at cross-country, Karen only ran over 200m on the track when she was

part of an excellent Pitreavie 4 x 800m relay squad. Often they threatened the UK Junior best and finally managed it in the National Championships at Hendon in August 1974. "The 4 x 800m team has been together since we joined the club, all coached by the same coach, so we see each other every night for training and social life and most of us attend the same school together." Three of the team joined together to win the National Junior Road Relay title, with Karen taking the team into the lead with the second fastest leg of the race. The team again took the Scottish cross-country title although it was noticeable that Karen was no longer the great force she was at the event and the whole team suffered a setback in the National CC at Parliament Hill in 1975 and finished down the field. Karen explains: "We were all concentrating more on the indoor track meetings at Cosford and for the coming year. So cross-country was then used as only part of our training. Early in my career my coach explained that I was only doing cross-country in my teens for my build-up in later years, so I trained to win cross-country races. Now it is only part of my schedule."

Obviously the training for the indoor season was right on course, for at the WAAA Intermediate Championships in March, Karen had her first ever run at 400m and finished third in 57.4, right alongside Anne Clarkson, with whom she was to have many duels throughout the summer.

Karen had found another event to suit her, and



KAREN WILLIAMS

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at the Eastern District Championships at the beginning of May she reduced her time to 56.3. Two weeks later in the East v West match she scored a good win over Anne Clarkson, 55.6 to 56.0, and again got the verdict in the Scottish Championships, only to have the result reversed in the Scottish Schools Championships and Schools International.

Karen ran her first individual 800m in late June, winning in 2:16.5. Why hadn't she tried the distance before? "As yet, my coach is still looking for more speed from me, and then later on run 800m which will most likely be my main event in the future (although her coach thinks 1500m)." Her sprinting was continuing to improve and in early July she reduced her times to 12.3 and 24.6 at Carlisle, and moved into the pentathlon top 20 with a score of 3236.

Together with her National CC title at High Wycombe in 1972, Karen's most satisfying performance was her win in the WAAA Intermediate 400m at Crystal Palace last July. Anne Clarkson set a strong pace, but it was Karen who came through in the home straight to win in 55.17, best-ever by a UK 15-year-old. The following week Karen was desperately close to winning the WAAA Intermediate 200m title, being narrowly beaten by Sue Howells in a blanket finish.

Then came the reward of a place in the Junior international team, and she did everything that was asked of her, finishing second to Ruth Kennedy, and running a good leg in the relay. In fact, the relay squad did well enough to go to the European Junior Championships, and the team of Diane Heath (55.7), Karen Williams (54.9), Anne Clarkson (54.8) and Ruth Kennedy (53.7) took the bronze medals behind East and West Germany. "We were all pleased at gaining third place although we thought the silver medal was ours. Obviously most of us were nervous of running in a European competition for the first time, but it was a good experience."

Towards the end of the season Karen and Anne represented Edinburgh in Munich at 800m, and in a neck and neck race Karen was just in front at the tape, running 2:11.6. "Most of all, I would like to thank Anne for helping me to gain my best times and for being such a good sport and friend." Karen obviously enjoys this overseas competition for she would like to see more Junior international matches each year.

In 1976 the target is "to run for Great Britain in a senior match and to run well in the National 400m as I'm running senior instead of the usual Intermediate age group." Looking perhaps not too far ahead, she hopes "to achieve something for my country in the Olympic Games." Likes "travelling all over the country seeing all different places and different people" and prefers "mixed meetings as it enables me to recover before running again as much more time is needed for events. It also attracts more spectators; this makes the whole event much more exciting and makes it feel more like an athletics meeting." Dislikes "returning home and giving my account on the way I had run, when I have run badly or my time very slow, as I like to please them as they help

Wide Margin for Smedley In British Students CC

THE British Students Cross-Country Championship moved to Scotland for the second time in the history of the event and found almost ideal conditions at the University of Stirling on February 7th. Efficient pre-race preparation, good accommodation and a well marked course were the ingredients for a high standard of competition. A basic lap of 2.4 miles was used and although before the race this looked a rather rugged course, it proved no great obstacle to the leading runners. There were no real hills and in almost ideal racing conditions the times were relatively fast. Entries for the race were high and the cost of travelling did not appear to be an impediment, in spite of the financial crisis that many student unions are faced with at present.

The men's race of a little over seven miles was won for the third successive time by Ray Smedley, who on this occasion had over 30sec to spare. The end of the first lap saw Smedley and Jim Brown fighting it out up front with Ian Gilmour in close attendance. Any hopes of a Scottish victory were dashed at the end of the second lap with Smedley looking unbeatable some 30m clear of Brown who was a similar distance clear of Gilmour in third place. The order remained the same during the third lap and it was only during the last 200m that a late run by Laurie Reilly took him past a tiring Gilmour for third place.

Just as Smedley dominated the individual race so did Birmingham University hold sway in the team race, retaining the title they have held for the past three years. This completed a hat-trick for the city with Birmingham University having won the universities team title in the women's race and Birmingham Poly winning the British Polytechnics title. Borough Road easily retained the British Colleges title, in spite of the absence of Kevin Steere.

The women's race was largely controlled by the colleges, who took the first two individual and

KAREN WILLIAMS continued

me so much." Her father is a sprint coach, and brother Michael an 800m runner. "When I was younger, I became easily nervous about the competitors running against me, but now this does not bother me much. I find the competition (senior) a lot harder, but I enjoy it a lot more." Finds the early summer months (April-May) particularly empty and this tends to make the track season boring before it has truly begun. Athletes she admires most are Alan Pascoe and Brendan Foster.

Her winter training involves a lot of stamina and endurance work to build her up, such as cross-country and repetitions. Most of the summer training is done on the track with both speed endurance and speed training, particularly quality repetitions and 60m-100m sprints.

BARROW ATHLETIC CLUB THE CHAS. KENDALL ROAD RACES

(Under A.A.A. Laws)

Sponsored by Chas. Kendall

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SUNDAY, 28th MARCH, 1976

Start and Finish at the Civic Hall, Barrow

Fourth Annual 10 Miles Road Race

3 laps around Barrow—Start 3 p.m.

Holder: Tony Simmons

Team Holders: Luton A.C.

PRIZE LIST

£140 worth of prizes

Individual

1st Prize to the value of	£30
(Plus trophy donated by Mr J. L. Rigg to be held for one year)	
2nd Prize to the value of	£10
3rd Prize to the value of	£5
4th Prize to the value of	£4
5th Prize to the value of	£3
6th Prize to the value of	£2
1st Junior under 20 on 1.9.75	£2
1st Veteran O/40 & U/50 on day	£2
1st Veteran over 50 on day of race	£2
1st Local Runner	£2
10 Mystery Prizes to the value of	£1 each

Teams (3 to count)

1st Team 3 Prizes to the value of	£6 each
2nd Team 3 Prizes to the value of	£5 each
(Plus Frank Price Victory Trophy value £500 to be held for one year)	
3rd Team 3 Prizes to the value of	£4 each
4th Team 3 Prizes to the value of	£3 each
5th Team 3 Prizes to the value of	£2 each
6th Team 3 Prizes to the value of	£1 each
1st 'B' Team 3 Prizes to the value of	£2 each
Standard Certificates awarded to all Runners completing course in under 52 minutes.	

First Annual 3 Miles Boys' Race

1 full lap—Start 2.30 p.m.

PRIZE LIST

Individual

1st The Chas. Kendall Cup to be held for one year plus plaque; 2nd Plaque; 3rd Plaque. 1st Boy under 15 on 1.9.75 Plaque.

Teams (3 to count)

1st Team 3 Plaques; 2nd Team 3 Medals; 3rd Team 3 Medals.

There will be a Free three-course Meal for all the runners of both races.

Entries: Senior Race—Individuals 25p, Teams 30p (All competitors must be 17 years of age on day of race). **Boys' Race**—Individuals 10p, Teams 10p (All competitors must be over 13 and under 17 on 1st September, 1975). All competitors must enter as Individuals.

All entries on AAA forms to: C. H. Wood, Race Secretary, 8 Birchfields, Holbeck, Barrow-in-Furness, LA13 0JL. (Tel: Barrow 27394), by First Post Monday, 15th March, 1976.

Changing accommodation at Alfred Barrow Secondary School, Duke Street, Barrow. 100 yards from start.

team positions. Caroline Simpson, running strongly led Chelsea College to the team title by a wide margin over Dartford College. Crewe and Alsager College ran well to take third place, almost matching the performance of the men's team.

The race was generously sponsored by Open House Inns who provided 'liquid prizes' for the winning teams and maintained the reputation of the Scots for their grand hospitality.

H. P. Mawdsley

1, R. Smedley (Birmingham Univ) 36:17
2, J. Brown (Borough Road) 36:49
3, L. Reilly (Manchester Univ) 36:51
4, I. Gilmour (B'ham Un) 37:02; 5, G. Hannon (NUU) 37:13; 6, R. Spence (Strath Un) 37:29; 7, S. Jonsson (Durh Un) 37:33; 8, R. Coles (New Un) 37:41; 9, P. Griffiths (B'ham P) 37:44; 10, M. Longthorn (B'ham Un) 37:53; 11, P. Kenney (Dund Un) 37:55; 12, A. Buckley (Man Un) 38:03; 13, A. Etchells (Ox Un) 38:05; 14, M. Deegan (B'ham Un) 38:10; 15, P. McGouran (Queens/Belf Un) 38:18; 16, G. Morgan (Man Un) 38:24; 17, K. Dumbleton (Lough) 38:28; 18, M. Kearns (B'ham Un) 38:34; 19, I. Orton (Edin Un) 38:37; 20, J. Todd (Lough) 38:40; 21, P. Gaden (South Un) 38:43; 22, A. Hine (South Un) 38:45; 23, T. Colton (Lough) 38:49; 24, K. Salmon (C&A) 38:50; 25, P. Banks (Leic P) 38:53; 26, P. Dunn (Durh Un) 38:57; 27, J. Burns (Strath Un) 38:59; 28, G. Reynolds (Ox Un) 39:00; 29, W. Ewers (Ox Un) 39:04; 30, C. Broadie (Ox Un) 39:06; 31, D. Moorcroft (Lough) 39:08; 32, M. Plant (Ast Un) 39:08; 33, M. Firth (Card Un) 39:11; 34, S. Knowles (Leeds Un) 39:14; 35, P. Lee (Lough) 39:17; 36, S. Lowe (BRC) 39:23; 37, J. Baillie (Queens Un) 39:24; 38, M. Lambert (Leeds Un) 39:28; 39, M. Clyne (Aber Un) 39:31; 40, S. Walton (WMC) 39:33.

41, A. Harmer (York Un) 39:36; 42, P. Irvine (Ox Un) 39:37; 43, M. Gratton (Bog R) 39:39; 44, H. Jones (Liv Un) 39:40; 45, A. Lunnon (BRC) 39:43; 46, D. Driver (Lough) 39:47; 47, P. Clark (Lough) 39:50; 48, P. Burton (Liv P) 39:54; 49, G. Sellens (Camb Un) 39:57; 50, P. Holland (Trent P) 39:58; 51, M. Rideout (B'ham Un) 40:03; 52, C. Smith (Uls P) 40:07; 53, N. Duggan (Brad Un) 40:07; 54, M. Coram (Durh Un) 40:08; 55, F. Gowans (Mad C) 40:08; 56, M. Donaldson (Queens/Belf Un) 40:09; 57, M. Ligema (Aber) 40:12; 58, R. Firth (Leeds Un) 40:14; 59, A. Perry (Lon Un) 40:18; 60, A. Lightfoot (Sheff Un) 40:19; 61, M. English (Leic Un) 40:20; 62, D. Leitch (Strath) 40:22; 63, A. Nichol (Lough) 40:22; 64, D. Wright (New Un) 40:24; 65, A. McCroary (Queens Un) 40:28; 66, A. Ligema (Aber Un) 40:30; 67, N. Roussel (BRC) 40:33; 68, S. Walker (New Un) 40:34; 69, A. Key (Man Un) 40:35; 70, R. O'Hara (St P) 40:35; 71, D. MacArthur (Camb Un) 40:35; 72, I. Beauchamp (Durh Un) 40:35; 73, S. Hampson (Wrk Un) 40:36; 74, P. McCullagh (Leeds Un) 40:38; 75, A. Harrison (New Un/Ulster) 40:41. **Teams:** 1, Birmingham 98; 2, Loughborough 172; 3, Oxford 221. (Colleges) 1, Borough Road 452; 2, Crewe & Alsager 768; 3, West Midlands 784. (Polytechnics) 1, Birmingham 679; 2, Ulster 810; 3, Liverpool 956.

Second Teams

1, S. Lawrence (Birmingham Univ) 26:01
2, R. Stone (Loughborough) 26:28
3, P. Sanderson (Birmingham Univ) 26:39
4, P. Gronland (Lough) 26:42; 5, G. Whittleston (Sheff) 27:15; 6, D. Rigby (Man) 27:18; 7, D. Boothby (Man) 27:24; 8, M. Long (Lough) 27:31; 9, K. Perry (B'ham) 27:41; 10, S. Paterson (B'ham) 27:45; 11, P. Martin (Man) 27:53; 12, R. Martin (B'ham) 28:29; 13, N. Tillotson (Lough) 28:33; 14, J. Hughes (Leeds) 28:40; 15, C. Bewick (Lough) 28:45; 16, M. Calvert (Leeds) 28:49; 17, P. Goddard (Durh) 28:54; 18, D. Widdison (Lough) 29:00; 19, R. Green (Durh) 29:09; 20, V. Rice (Man) 29:14; 21, B. Green (Man) 29:18; 22, K. Leslie (Sheff) 29:21; 23, M. Trott (Sheff) 29:32; 24, R. Glasspool (Man) 29:41; 25, I. Brown (New) 29:41; 26, W. Simmons (Leeds) 30:06; 27, M. Baker (New) 30:07; 28, A. Dodds (Glas) 30:30; 29, J. Puzinowski (Man) 30:42; 30, S. Bratt (Leeds) 30:47. **Teams:** 1, Loughborough 60; 2, Manchester 89; 3, Newcastle 189; 4, Glasgow 227.

Women

1, C. Simpson (Chelsea College) 14:27
2, C. Readdy (Madeley College) 14:47
3, G. Adams (Reading University) 15:05
4, M. Morgan (Dart C) 15:36; 5, J. Honick (Man Un) 15:44; 6, L. Hughes (B'ham Un) 15:57; 7, K. Barnett (Chel C) 16:03; 8, B. Harvie (Glas Un) 16:06; 9, M. Oddie (C&A) 16:21; 10, S. Lloyd (Aber Un) 16:24; 11, H. Page (B'ham Un) 16:27; 12, J. Ingram (York Un) 16:28; 13, V. Lovell (Leeds Un) 16:49; 14, S. Smith (Nev) 17:08; 15, J. May (Liv P) 17:08; 16, E. Saunders (Man Un) 17:17; 17, M. Underhill (Ox Un) 17:24; 18, H. Colmer (Chel C) 17:25; 19, A. Redpath (C&A) 17:28; 20, J. Norris (Nev CC) 17:29; 21, I. Peaty (Dart C) 17:32; 22, E. Damerall (Dart C) 17:37; 23, K. Vickars (Nev CC) 17:37; 24, S. DeGiovanni (B'ham Un) 17:41; 25, J. Plews (B'ham Un) 17:42. **Teams:** 1, Birmingham 41; 2, Manchester 61; 3, Oxford 99; 4, Cambridge 132; 5, East Anglia 159. (Colleges) 1, Chelsea 26; 2, Dartford 47; 3, Crewe & Alsager 54; 4, Nevilles Cross 57; 5, West Midlands 108 (Polytechnics) 1, Liverpool 91; 2, Birmingham 94.

The Rugby & Midland Marathon will be held on Sunday, September 5th this year. Further details in 'AW' later.

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Inter-Counties Championship

At Derby, February 14th

TONY SIMMONS IN TOTAL COMMAND

TONY SIMMONS enjoyed one of those days which make life so sweet for an athlete, when everything goes well and anything seems possible. Never before, not even in his National triumph last year, has he looked in such command of the situation as he did in the CAU's 44th Inter-Counties Championship at Allestree Park, Derby, last Saturday. He retained his title in devastating fashion, finishing 200m ahead of no less a runner than Bernie Ford. It was, said Simmons, "the easiest top class run" of his career. The 7½ miles race was run over three laps of a firm but very hilly course, the superb weather and delightful scenery making the event a pleasure for spectators.

Mel Watman reporting

"I tried to run fast early on, in order to get rid of everyone so I could relax later on", said Simmons, who was conscious during the race of his achilles tendon "tingeing" and, with the International to come two weeks later, did not want to undergo too much strain. His strategy paid off. He was ahead within a mile and by the end of the first lap had opened up a 50m lead over Ford (handicapped by a disastrous start). Next came Dave Moorcroft, Dave Slater, Grenville Tuck, Julian Goater (a welcome return after injury had threatened to ruin his winter season) and Mike Tagg.

Particularly significant was the way Simmons attacked the hills. Not previously noted for outstanding ability in this department, he showed the benefit of extra strength developed through weight training. That, coupled with an average of 80 miles per week ("which is good for me") since Christmas, has brought Tony into tip-top condition for the important stage of the cross-country season. "I'm fitter now than I've ever been", he enthused.

It showed. On the second lap he chugged along to increase his advantage from 9 sec to 22 sec. Ford in turn was 15 sec clear of Goater who was pursued by Grenville Tuck, Tagg, Slater, Andy Holden, Dennis Coates, Kevin Steere, Moorcroft and Steve Kenyon. Lancashire, with six in 37 at this stage, had the team race sewn up yet again, and the prime contenders for places in England's team for Chesham had declared themselves.

Running fast and relaxed, Simmons added a further 13 sec to his lead on the final lap during which Tagg and Grenville Tuck overtook Goater, while Coates and Holden passed Slater. Lancashire clinched their 18th team victory since 1949, the surprise here being Cambridgeshire's

second place. Last year they finished three in 20 but had to wait until 183rd for their sixth man—to place sixth; this time they had three in 22 but their sixth man was home in 68th position. A tremendous achievement for a small county.

Simmons, who was neither breathing hard nor sweating at the finish, must obviously be regarded as one of the favourites for the International on February 28th. "I'm motivated for it this year", he asserted. He has not yet decided whether to defend his National title, and on April 9th he flies with his coach Harry Wilson, Steve Overt and Ian Stewart to the USA for a month's altitude training. The England selectors departed from their traditional policy of naming the first nine for the International; this time they picked the first seven and invited Brendan Foster and Dave Black to complete the line-up. Foster has declined (it's a compliment, he said, but his training had not taken the race into account) but Black has accepted with delight. The ninth member of the team will be Slater, with Kenyon as reserve.

1. Tony Simmons (Bedfordshire) 34:54
2. Bernie Ford (Surrey) 35:29
3. Mike Tagg (Norfolk) 35:36
4. Grenville Tuck (Cambridgeshire) 35:40
5. Julian Goater (Hampshire) 35:43
6. Dennis Coates (Northumberland & D) 35:52
7. Andy Holden (Lancashire) 35:54
8. David Slater (Yorkshire) 35:55
9. Steve Kenyon (Lancashire) 36:00
10. Kevin Steere (Norfolk) 36:08
11. R. Wilde (Lancs) 36:10; 12. D. Moorcroft (Warks) 36:17; 13. Graham Tuck (Cambs) 36:23; 14. A. Dewhurst (Yks) 36:24; 15. A. Blinston (Ches) 36:26; 16. D. Francis (Avon) 36:26; 17. R. Holt (Sy) 36:27; 18. H. Starkey (Mx) 36:28; 19. A. Catton (Ex) 36:36; 20. R. Brown (Hants) 36:38; 21. R. Coles (Kent) 36:40; 22. C. Garforth (Cambs) 36:42; 23. R. Richardson (Sy) 36:45; 24. G. Grant (Kent) 36:46; 25. J. Eley (Dby) 36:48; 26. C. Kirkham (Notts) 36:48; 27. T. Johnston (Cambs) 36:49; 28. M. Turner (Lancs) 36:49; 29. J. Bailey (Yks) 36:50; 30. P. Lindsell (Ches) 36:56; 31. R. Lunnion (N&D) 36:57; 32. N. Sloane (Lancs) 36:59; 33. J. King (Warks) 37:00; 34. R. Sliney (Kent) 37:01; 35. D. Cannon (Cumb) 37:02; 36. R. Crabb (Wilts) 37:03; 37. N. Coupland (Hants) 37:04; 38. P. Ratcliffe (Gwent) 37:05; 39. K. Penny (Kent) 37:07; 40. R. Treadwell (Sy) 37:11; 41. G. Dugdale (Mx) 37:12; 42. D. Blakeley (Lancs) 37:16; 43. C. Thomas (Sy) 37:18; 44. M. Heath (Mx) 37:19; 45. M. Peake (Dby) 37:20; 46. C. Moxsom (Ex) 37:23; 47. A. Spence (Yks) 37:24; 48. M. Fletcher (Ex) 37:25; 49. K. Darlow (Yks) 37:27; 50. P. Griffiths (Wores) 37:28.

51, R. Bean (Cambs) 37:31; 52, W. Domoney (Yks) 37:37; 53, J. Temperton (Yks) 37:38; 54, P. Flavell (Oxon) 37:40; 55, S. Jones (Wilts) 37:43; 56, J. Cadman (Warks) 37:44; 57, A. Domleo (Dby) 37:47; 58, M. Brameld (Kent) 37:50; 59, M. Hurd (Suff) 37:50; 60, A. Reed (Avon) 37:51; 61, R. Steven (Mx) 37:51; 62, J. Norman (Notts) 37:52; 63, K. Dumbleton (Herts) 37:53; 64, P. Wood (Glam) 37:55; 65, J. Odlin (Mx) 37:57; 66, J. Calvert (Lancs) 37:58; 67, K. Rollason (Staffs) 37:58; 68, K. Clifford (Cambs) 38:00; 69, P. Banks (Warks) 38:01; 70, B. Cole (Staffs) 38:02; 71, K. Bartlett (Warks) 38:03; 72, M. Gratton (Kent) 38:05; 73, P. Hamilton (Kent) 38:06; 74, M. Phillips (Warks) 38:07; 75, R. Harrison (Lancs) 38:17; 76, J. Fox (Lancs) 38:18; 77, M. Weeks (Ex) 38:19; 78, A. Cass (Hants) 38:20; 79, J. Wright (Staffs) 38:21; 80, J. Eley (Staffs) 38:22; 81, R. Belk (Cumb) 38:25; 82, A. Rowling (Corn) 38:26; 83, R. Sercombe (Gwent) 38:28; 84, S. McHale (Glos) 38:29; 85, A. Gibson (N&D) 38:32; 86, A. Harmer (Hants) 38:33; 87, S. Hope (Ches) 38:34; 88, R. Samuels (Sy) 38:36; 89, R. Hier (Worcs) 38:37; 90, A. Lightfoot (Dev) 38:38; 91, A. Bone (N&D) 38:38; 92, L. Irvine (Northants) 38:39; 93, N. Pritchard (Oxon) 38:40; 94, A. Ross (Herts) 38:41; 95, K. Finlayson (Glam) 38:42; 96, P. Rockwood (Sx) 38:42; 97, P. Gallagher (Sx) 38:44; 98, N. King (Mx) 38:44; 99, J. Boulter (Sx) 38:47; 100, P. Berry (Ches) 38:48.

101, G. Sulway (Glam) 38:48; 102, N. Deakin (Staffs) 38:50; 103, H. Richards (Mx) 38:51; 104, D. Kelly (N&D) 38:53; 105, P. Norell (Mx) 38:56; 106, J. Awcock (Sx) 38:57; 107, W. Valentine (Dev) 38:58; 108, M. Hill (Glos) 38:59; 109, S. Carter (Warks) 39:00; 110, G. Harvey (Staffs) 39:00; 111, R. Cytla (Glos) 39:01; 112, J. Willoughby (Ex) 39:01; 113, M. Pickering (Warks) 39:02; 114, A. Joslyn (Gwent) 39:02; 115, P. Irvine (Glos) 39:03; 116, P. Allen (Worcs) 39:05; 117, G. Ellis (Yks) 39:05; 118, J. Henshall (Dby) 39:06; 119, G. Stevens (Berks) 39:07; 120, R. Gomez (Bucks) 39:08; 121, P. Moon (Humb) 39:09; 122, W. Tonner (Wilts) 39:10; 123, P. Clarke (Herts) 39:11; 124, D. Cox (Ex) 39:13; 125, B. Sweeting (N&D) 39:13; 126, T. Harper (N Wal) 39:16; 127, M. Bardsley (Wks) 39:19; 128, M. Bromilow (Bucks) 39:20; 129, D. Gee (Ches) 39:22; 130, J. Sheridan (Mx) 39:23; 131, J. Clare (Norf) 39:24; 132, J. Bryant (Som) 39:26; 133, T. Jefferies (Staffs) 39:27; 134, P. Corney (Corn) 39:27; 135, G. Blackburn (Som) 39:32; 136, T. Kazik (Wilts) 39:34; 137, K. Newton (Yks) 39:36; 138, C. White (Avon) 39:38; 139, H. Quince (Beds) 39:39; 140, J. Wilkins (Kent) 39:40; 141, J. Mudie (Dor) 39:42; 142, M. Batty (Ex) 39:44; 143, I. Burgess (Hants) 39:45; 144, J. Clark (Lincs) 39:46; 145, A. Law (Salop) 39:46; 146, R. Piotrowski (Berks) 39:47; 147, D. Clark (Herts) 39:48; 148, H. Pymm (Leic) 39:49; 149, M. Oldham (Ches) 39:50; 150, P. Bourne (Notts) 39:53.

151, R. Charleston (Ex) 39:58; 152, K. White (Berks) 39:58; 153, C. Abrahams (Dev) 39:59; 154, M. Coran (Avon) 40:00; 155, R. Church

(Cambs) 40:01; 156, M. Smith (Leic) 40:01; 157, F. Seville (Ches) 40:02; 158, J. Montgomery (Northants) 40:03; 159, J. Fretwell (Lincs) 40:04; 160, R. Edwards (Notts) 40:05; 161, N. Goodwin (Humb) 40:06; 162, B. Heath (Dor) 40:07; 163, K. Morris (Oxon) 40:08; 164, A. Bland (Humb) 40:09; 165, T. Harper (Leic) 40:09; 166, D. Latter (Berks) 40:11; 167, P. Durrant (Gwent) 40:12; 168, T. Hassell (Sy) 40:13; 169, I. Nuckey (Herts) 40:14; 170, W. Allen (Northants) 40:15; 171, P. Craig (Avon) 40:16; 172, P. Fletcher (Ex) 40:17; 173, R. Stowell (Leic) 40:18; 174, P. Nixon (N Wal) 40:19; 175, J. Barker (Humb) 40:21; 176, D. Spencer (Cumb) 40:22; 177, R. Blake (Corn) 40:24; 178, C. Fry (Dor) 40:26; 179, R. Spirett (Leic) 40:27; 180, P. Russell (Dor) 40:32; 181, A. Boast (Cambs) 40:35; 182, D. Roberts (Herts) 40:37; 183, F. Stebbings (Beds) 40:39; 184, K. Hinton (Dby) 40:41; 185, M. Price (Bucks) 40:42; 186, D. Macarthur (Cambs) 40:42; 187, H. Symonds (Berks) 40:44; 188, R. Morris (Ches) 40:45; 189, R. Gibbard (Dby) 40:48; 190, C. Dungar (Norf) 40:51; 191, R. Leach (Leic) 40:52; 192, B. Smith (Dor) 40:53; 193, G. Seward (Dev) 40:53; 194, J. Thomas (Glam) 40:57; 195, D. Michael (Humb) 40:58; 196, E. Williams (Salop) 41:01; 197, A. Kearns (Northants) 41:05; 198, R. Retter (Corn) 41:06; 199, N. Thomas (Glos) 41:07; 200, R. Corney (Corn) 41:08. 290 finished.

Teams:

1. Lancashire	(7, 9, 11, 28, 32, 42)	129
2. Cambridgeshire	(4, 13, 22, 27, 51, 68)	185
3. Yorkshire	(8, 14, 29, 47, 49, 52)	199
4. Surrey	(2, 17, 23, 40, 43, 88)	213
5. Kent	(21, 24, 34, 39, 58, 72)	248
6. Warwickshire	(12, 33, 56, 69, 71, 74)	315
7. Middlesex	327; 8, Hants 369; 9, Essex 426;	
10. Northumberland & D	442; 11, Staffs 508; 12, Cheshire 510; 13, Derbyshire 618; 14, Avon 757;	
15, Herts 778; 16, Wilts 807; 17, Glos 822; 18, Notts 837; 19, Gwent 849; 20, Norfolk 898; 21, Glamorgan 959; 22, Devon 966; 23, Cumbria 990;		
24, Cornwall 1004; 25, Leics & R 1012; 26, Humberside 1031; 27, Oxon 1037; 28, Northants 1058; 29, Worcs 1083; 30, Dorset 1088; 31, Bucks 1119; 32, N Wales 1212; 33, Suffolk 1263; 34, Salop 1289; 35, Lincs 1353.		

(Coverage of the Junior & Youths championships on page 22).

Lost near finish of Welsh Senior CC Championship at Castle Grounds, Cardiff, on January 31st: four pairs of spikes, including Gola (size 8) orange with black strips and laces. Postage refunded by Frank Thomas, 62 Heol Tyn-y-Fron, Penparcan, Aberystwyth.

Twelfth in the Southern Youth CC was John Wilson (Epsom) . . . 3rd in the City of London Youths/Boys mile was James Espir . . . 9th in the Women's National CC was Sharon (not Sue) Harvey, younger sister of Lynne Harvey.

The West Cornwall race on the back page should be Helston to Camborne.

WESTWARD CC LEAGUE**At Tiverton, January 10th**

1, A. Rowling (City of Plymouth) 29:51
 2, J. Lothian (Dutchy of Cornwall) 30:02
 3, W. Valentine (Torbay) 31:06
 4, G. Seward (Ex) 31:10; 5, G. Steed (Ex) 31:44;
 6, P. Hock (St L) 32:23; 7, I. Clark (Yeo) 32:25;
 8, M. Paine (Tor) 32:26; 9, C. Found (Ex) 33:16;
 10, S. Skinner (St L) 33:35. **Teams:** 1, Exeter 461;
 2, Torbay 450; 3, St Lukes 409; 4, Exeter 'B' 387;
 5, Tiverton 371; 6, Yeovil 331. **(Youths):** 1, J. Clements (Cty Ply) 14:16;
 2, J. Osbourne (Yeo) 14:20; 3, M. Plint (Ply) 14:42;
 4, A. Kenyon (Taun) 15:04; 5, ——— 15:17;
 6, ——— 15:25; 7, P. Northover (Yeo) 15:31;
 8, K. Ferrell (Ply) 15:33; 9, M. Pippard (Yeo) 15:34;
 10, A. Pain (Ply) 15:44. **Teams:** 1, Plymouth 291;
 2, Yeovil 285; 3, Plymouth 'B' 262; 4, HMS Fisgard 246;
 5, Preston 232; 6, Yeovil 'B' 175.

Boys

1, S. Lawton (Taun) 14:51; 2, J. Merryfield (Taun) 15:13;
 3, K. Heather (Ply) 15:19; 4, S. Beveridge (Ex) 15:22;
 5, R. Clements (Ply) 15:47; 6, K. Parker (Yeo) 15:57. **Teams:** 1, Taunton 382;
 2, Plymouth 375; 3, Tiverton 329. **(Colts):** 1, R. Trickett (Pres) 10:46;
 2, M. Holden (Ply) 10:47;
 3, R. Carter (Pres) 10:48; 4, G. Thompson (Pres) 10:55;
 5, T. Massey (Tor) 11:04; 6, R. Chudley (Tot) 11:07;
 7, D. Honeysett (Ex) 11:10; 8, T. Newson (DoC) 11:12;
 9, A. Thick (Pres) 11:13;
 10, A. Stone (Pres) 11:15. **Teams:** 1, Preston 387;
 2, Dutchy of Cornwall 343; 3, Preston 'B' 333;
 4, Taunton 326; 5, Totnes 288; 6, Knowles Hill 276.

Borough of Enfield H officers: General secretary, A. Mathers, 937 Great Cambridge Road, Enfield, Middx EN1 4BY; treasurer, R. Stratton; men's sec, M. Broyd, 3 Edington Road, Enfield; women's sec, Mrs M. Mathers, 937 Great Cambridge Road, Enfield; walking sec, M. Oliver, 74 Southfields Way, Waltham Cross, Herts.



Ruth Smeeth, the winner, leading in the National Intermediate Championship. Christine Brace (157) was 2nd; No. 186 is Gillian Dainty.

Eric North

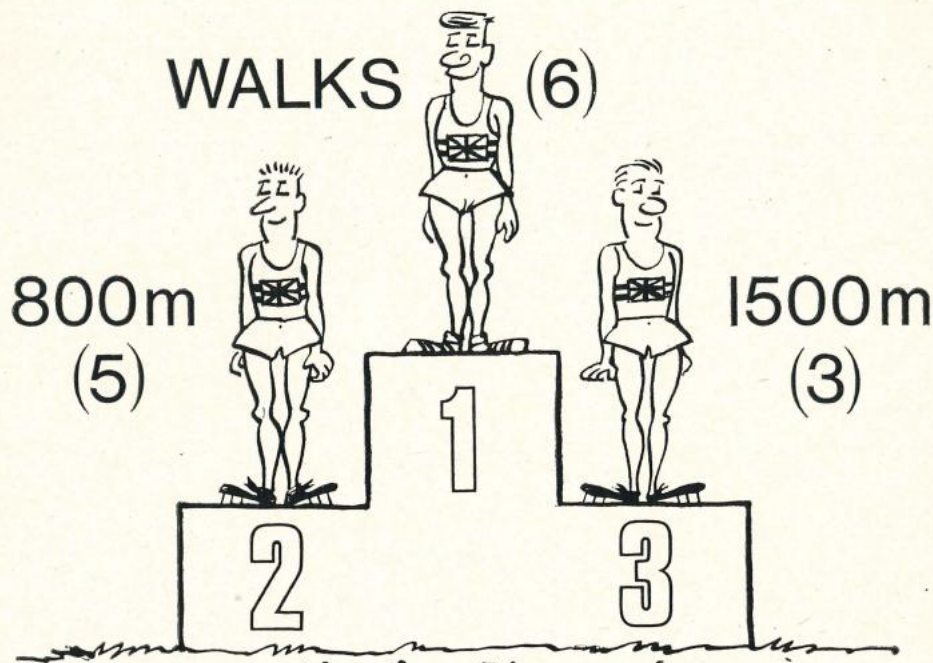
Woking AC officers: General secretary, J. Quarendon, 126 Hermitage Woods Crescent, Woking (Tel: Byfleet 4885); fixture sec, Miss J. Barnes, Sycamore House, Chobham Road, Woking (Tel: Woking 68243); women's CC manager, T. Rowley; women's track manager, B. Wilson; men's track and CC manager, V. Best.



Angela Pattinson (397) went on to win the National Junior cross-country title ahead of Pauline Clarke (365). No. 281 is Karen Boyce.

Eric North

BRITAIN'S OLYMPIC GOLDS



***Not allowed
in Future Olympics***

DISCRIMINATION

KEEP WALKING IN THE OLYMPICS

Inserted by the Race Walking Association

RICHARD GREEN WINS IN RELAXED STYLE

THE versatile, if enigmatic, Richard Green (19) was a decisive winner of the Junior Inter-Counties title at Derby last Saturday. Once the pace had settled he kept himself in touch with the leader and always looked the most relaxed of the leading trio.

Jon Wigley reports

After 800m, local hope and Midlands champion Nicky Lees was forcing the pace up through the thick, tussocky grass leading to the large hill, increased in severity by a swing to the left near the top up a sharp 50m ramp. Northern winner Malcolm Prince was tucked in behind with Field (Eastern champion), Knight Green and Tidmarsh bunched a few strides back. Lancashire were already pushing plenty of blue and red vests to the fore. At the end of the first of three 2M laps, Mike Longthorn (2nd last year) dropped out, a victim of the flu epidemic. By 3M, after climbing the steep hill for the second time, a trio of Lees, Prince and Green were clear; three Lancashire runners—Woods, Murphy and Harrison—followed, with only James to divide them. Barring a disaster, Lancs had the team race decided.

With strong vocal support from local enthusiasts Lees worked hard, without reward, to drop Prince and Green, the latter giving the impression of relaxed effort as he sat slightly behind throughout the lap. As the trio cleared the summit of the hill for the last time (5M), Green powered away through the twisting woodland path and as he reappeared for the final downhill run Prince was hanging on, but Lees was a spent force and had to let go. Green's speed left Prince behind on the descent and he enjoyed the final 600m undulating run across the front of the lake to the finish with the knowledge that his sprinting ability would enable him to cope with any late attack from Prince. He didn't need to use it. The Lancashire trio drove home behind Lees in gritty style for a clear team win over Essex and Northumberland/Durham.

Green's range (800m--1:52.2, marathon--2:24.15) is impressive and suggests a fine distance career, but he asserts he is an 800m runner. After running 2:24:15 in the Harlow Marathon last October, for which he had trained 100 miles per week on average, he took a few weeks off and then resumed his preparation for the cross-country season, running 70-80 miles a week with the accent on quality.

Jeremy Lothian's persistent front-running pressure and race judgment paid off handsomely to secure him the Youth title and a place in England's Junior team for Chepstow at the age of 16.

After 800m Lothian, the Southern champion,

was leading with Martin and Beaver close behind. At 24M Lothian looked very strong and it seemed he must pull away from Beaver and Blackwell who were in close attendance but seemingly fighting to hang on. Then came Martin, White, Milosorov (Midland champion), Ogden (Northern champion), Cummings and Bunyon. Lothian steamed into the big hill for the second time and only Beaver could go with him, Blackwell letting go immediately as he began to flounder. Two thirds of the way up the hill Beaver unexpectedly pounced, passing Lothian who quickly tucked in behind up the final sharp incline. Beaver flew through the woodland and pulled away from Lothian and the race, with only the descent and the finishing run to come, seemed over. Lothian had other ideas and as Beaver ran out of steam he pulled back the deficit on the downhill run and powered away along the home straight to a comfortable win. An exhausted Beaver could do nothing to stop a hard, late run from Ogden who had paced himself to perfection, and was finally pushed out of the medals in the final strides by Martin's sprint finish.

The team race was an intense affair with Parr's 13th position making the difference for Northumberland & Durham over Essex who in turn gained second place over Hampshire by virtue of the vast difference in the placing of their last scorer (39 to 80!).

JUNIORS

1, R. Green (Essex)	30:30
2, M. Prince (Yorkshire)	30:39
3, N. Lees (Derbyshire)	30:44
4, K. Harrison (Lancashire)	30:49
5, D. Murphy (Lancashire)	30:52
6, D. James (Glamorgan)	30:59
7, J. Woods (Lancs) 31:11; 8, P. Gaden (Dev) 31:18; 9, N. Brawn (Kt) 31:20; 10, N. Field (Linc) 31:22; 11, A. Hind (Hants) 31:26; 12, B. Walters (Mx) 31:27; 13, P. Bettridge (Ex) 31:27; 14, A. Leek (Glam) 31:33; 15, D. Johnston (N&D) 31:39; 16, P. Lee (Kt) 31:43; 17, M. Deegan (Lancs) 31:45; 18, S. Lowe (Herts) 31:47; 19, G. Dwelly (Berks) 31:47; 20, I. Davidson (Ex) 31:48; 21, M. Taylor (Yks) 31:49; 22, J. Mills (N&D) 31:50; 23, G. Forster (N&D) 31:55; 24, R. Dawkins (Hants) 31:56; 25, C. Tidmarsh (Cumb) 31:59; 26, B. Leddicot (N&D) 32:00; 27, J. Mitchum (Lincs) 32:01; 28, R. Swan (Hants) 32:02; 29, S. Fowler (Staffs) 32:07; 30, M. Haldon (Notts) 32:08; 31, C. Brodie (Som) 32:09; 32, G. Barr (Ex) 32:11; 33, M. Plant (Ches) 32:13; 34, L. Nicholson (N&D) 32:14; 35, P. Gronland (Ex) 32:14; 36, C. Holland (Yks) 32:15; 37, P. Harker (N&D) 32:17; 38, J. Pickford (Som) 32:18; 39, H. Norman (Glam) 32:21; 40, A. Orr (Sy) 32:22; 41, K. Tesh (Suff) 32:23; 42, J. Davy (Suff) 32:25; 43, A. Howden (Yks) 32:26; 44, A. Anderson (Mx) 32:32; 45, D. Seilly (Mx) 32:33; 46, D. Clarke (Sy) 32:34; 47, J. Hood (Hants) 32:38; 48, M. English (Mx)	

32:42; 49, A. Lunn (Av) 32:45; 50, S. Williams (Sx) 32:46.

51, D. Roberts (Kt) 32:46; 52, M. Harmer (Hants) 32:47; 53, J. Jackson (Sx) 32:48; 54, J. Goldring (Ex) 32:50; 55, A. Hitchen (Yks) 32:58; 56, J. Wise (Berks) 33:00; 57, M. McCarthy (Beds) 33:01; 58, S. Kendall (Staffs) 33:02; 59, D. Arnold (Berks) 33:03; 60, S. Ogleshorpe (Wilts) 33:11; 61, P. Sladen (Glos) 33:12; 62, P. Elston (Dors) 33:14; 63, D. Reeves (Dby) 33:15; 64, S. Howcroft (Lancs) 33:19; 65, M. Hunter (Herts) 33:20; 66, S. Durnall (Staffs) 33:22; 67, C. Owen (Som) 33:23; 68, M. O'Reilly (Mx) 33:28; 69, P. Hoddy (Glos) 33:32; 70, G. Faulds (Wks) 33:35; 71, N. Alsbury (Lincs) 33:35; 72, A. Langdon (Corn) 33:38; 73, D. Cowles (Av) 33:39; 74, J. Rooks (Kt) 33:40; 75, S. Kidd (Dev) 33:41; 76, D. Rowe (Dby) 33:44; 77, R. Nowak (L&R) 33:47; 78, M. Eoe (Av) 33:48; 79, G. Parsons (Av) 33:49; 80, B. Knight (Dev) 33:50; 81, R. Weaver (Worc) 33:52; 82, D. Carr (NW) 33:54; 83, J. Harrop (Ches) 33:56; 84, S. Patterson (Kt) 33:57; 85, M. Mangan (Cambs) 33:59; 86, H. Thompson (Ches) 34:04; 87, S. Payne (Norf) 34:07; 88, M. Shotbolt (Bed) 34:08; 89, V. Edwards (NW) 34:10; 90, A. Clarke (Notts) 34:12; 91, M. White (Wilts) 34:13; 92, P. Cheshire (Herts) 34:16; 93, R. Goldring (Glos) 34:18; 94, D. Millington (Dby) 34:23; 95, G. Broster (Ches) 34:24; 96, A. Onions (L&R) 34:30; 97, M. Lowe (Ox) 34:31; 98, M. Parkes (Glam) 34:33; 99, N. Gossage (Av) 34:35; 100, D. Hall (Herts) 34:36. 172 finished.

Teams:

1, Lancashire	(4, 5, 7, 17)	33
2, Essex	(1, 13, 20, 32)	66
3, Northumberland & D	(15, 22, 23, 26)	86
4, Yorkshire	(2, 21, 36, 43)	102
5, Hampshire	(11, 24, 28, 47)	110
6, Middlesex	(12, 44, 45, 48)	149
7, Kent 150; 8, Glamorgan 157; 9, Derby		236;
10, Lincs 243; 11, Somerset 258; 12, Berks		261;
13, Devon 264; 14, Herts 275; 15, Avon 279; 16,		
Cheshire 297; 17, Suffolk 307; 18, Sussex 310;		
19, Notts 329; 20, Glos 330; 21, Beds 374; 22,		
Wilts 413; 23, Leics & R 439; 24; Worcs 444;		
25, Cumbria 447; 26, North Wales 498; 27,		
Cambs 508; 28, Cornwall 519; 29, Humberside		
539: 30, Bucks 579.		

YOUTHS

1, J. Lothian (Cornwall)	20:34
2, S. Ogden (Cheshire)	20:41
3, N. Martin (Hampshire)	20:45
4, D. Beaver (Middlesex)	20:46
5, A. Blackwell (North Wales)	20:54
6, C. White (Kent)	20:57
7, C. Bunyon (Hants) 21:02; 8, A. Cummings (Glam) 21:04; 9, T. Milosorov (Staffs) 21:09; 10, K. Thompson (L&R) 21:17; 11, R. Rose (Mx) 21:19; 12, K. Capper (Lancs) 21:21; 13, S. Parr (N&D) 21:22; 14, S. Anders (Lancs) 21:24; 15, A. Stewart (Herts) 21:25; 16, M. Burgess (Ches) 21:27; 17, C. Prestt (Yks) 21:31; 18, K. Glastonbury (Glam) 21:32; 19, J. Bristow (Sx) 21:33; 20, R. Sinclair (Yks) 21:33; 21, E. Martin (Ex) 21:37; 22, J. Clements (Corn) 21:37; 23, R.	

Knight (Sx) 21:38; 24, M. Brown (N&D) 21:39; 25, G. Heathers (Hants) 21:44; 26, P. Kemp (Ex) 21:46; 27, C. Smith (L&R) 21:48; 28, J. Espir (Notts) 21:50; 29, C. Reitz (Ex) 21:50; 30, K. Forster (N&D) 21:51; 31, O. Lamb (Glos) 21:52; 32, J. Stanton (Av) 21:54; 33, S. Bailey (Wks) 21:54; 34, T. Hutchins (Sx) 21:54; 35, J. Clark (Notts) 21:55; 36, I. Williams (NW) 21:55; 37, G. Nurse (L&R) 21:56; 38, R. Nash (Som) 21:56; 39, G. Fell (Ex) 21:57; 40, S. Berridge (Cumb) 21:57; 41, C. Street (Av) 21:58; 42, R. Blackmore (Dev) 22:01; 43, G. Burdett (L&R) 22:03; 44, A. Martin (N&D) 22:04; 45, R. Partridge (Wks) 22:05; 46, C. Howe (Notts) 22:07; 47, A. Kirkland (Dby) 22:08; 48, J. Osborne (Som) 22:10; 49, D. Thomson (Bucks) 22:12; 50, R. Osbourne (Wks) 22:13.

51, C. Brinkhurst (Sx) 22:13; 52, P. Elletson (Humb) 22:14; 53, A. Clifton (N&D) 22:15; 54, T. Eglen (Sy) 22:16; 55, D. O'Daly (Wilts) 22:17; 56, B. Robinson (Cumb) 22:18; 57, A. Ingram (Beds) 22:19; 58, G. Cooper (Ches) 22:19; 59, T. Howard (Staffs) 22:19; 60, M. Plint (Corn) 22:20; 61, M. Roberts (Herts) 22:22; 62, N. Young (Sx) 22:22; 63, P. Lowden (Cambs) 22:24; 64, R. Slater (L&R) 22:26; 65, A. Marshall (Mx) 22:27; 66, K. Morris (Glam) 22:27; 67, R. Brookes (Sx) 22:30; 68, M. Tunstall (Ches) 22:32; 69, C. Perkins (Worcs) 22:32; 70, S. Jeffrey (Mx) 22:32; 71, A. Lee (Mx) 22:32; 72, S. Martin (Ches) 22:34; 73, J. Sewell (Kt) 22:34; 74, E. Walsh (Yks) 22:37; 75, K. Gallivan (WG) 22:38; 76, R. Figg (Sy) 22:39; 77, J. Hoy (Bucks) 22:40; 78, M. Upton (Yks) 22:40; 79, G. Ribbons (Sy) 22:40; 80, D. Hansford (Hants) 22:41; 81, M. Cowman (Som) 22:41; 82, G. Jones (Berks) 22:41; 83, S. Parker (Av) 22:44; 84, B. Pells (Norf) 22:44; 85, M. Blackley (Kt) 22:44; 86, M. Christy (Wilts) 22:44; 87, J. Taylor (Ex) 22:44; 88, A. Ince (Cambs) 22:44; 89, K. Frith (Dby) 22:49; 90, C. Pulford (N&D) 22:49; 91, D. Jenkins (Herts) 22:49; 92, D. Sykes (Yks) 22:49; 93, N. Hartigan (Wilts) 22:49; 94, M. Philpott (Mx) 22:49; 95, D. Cameron (Dev) 22:49; 96, P. Rooney (Cumb) 22:49; 97, T. Bradbury (Herts) 22:49; 98, M. Pattenden (Herts) 22:56; 99, S. Wolstenholme (Yks) 22:56; 100, C. Maddox (Dby) 22:56. 203 finished.

Teams:

1, Northumberland & D	(13, 24, 30, 44)	111
2, Essex	(21, 26, 29, 39)	115
3, Hampshire	(3, 7, 25, 80)	115
4, Leics & Rutland	(10, 27, 37, 43)	117
5, Sussex	(19, 23, 34, 51)	127
6, Cheshire	(2, 16, 58, 68)	144
7, Middlesex 150; 8, Yorkshire 189; 9, Cornwall 194; 10, Notts 222; 11, Glamorgan 226; 12, Warwick 255; 13, Avon 260; 14, Herts 264; 15, Somerset 272; 16, Staffs 277; 17, Lancs 281; 18, Kent 286; 19, Cumbria 310; 20, Bucks 375; 21, Derbyshire 369; 22, Surrey 369; 23, Wilts 382; 24, North Wales 390; 25, Gloucs 402; 26, Humberside 404; 27, Cambs 446; 28, Berks 475; 29, Devon 496; 30, West Glamorgan 513; 31, Worcs 516; 32, Northants 556; 33, Lincs 607; 34, Oxon 613.		

The club that's always in the headlines—and for starters, this year:

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- * *The club that assisted with £300 towards the fare for one of their Olympians to train in Mexico.*
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Race day: 3rd April—12 stages—Wimbledon—12 noon

Closing date for entries: Monday 1st March, 1976

ABSOLUTELY NO LATE ENTRIES

RESULTS IN BRIEF

January 21st

RAF Germany CC Champs at Wegberg: 1, Crabb (Wild) 33:05; 2, Hurt (Laar) 34:56; 3, Evans (AFCENT) 35:24; 4, McCay (Weg) 36:00; 5, Bain (Wild) 36:04; 6, Turvey (21 S) 37:22. **Teams:** 1, Wildenrath 44; 2, Laarbruch 63; 3, Gutersloh 98.

January 24th

Dr Challoners Invitation Relay at Amersham: 1, Dr Challoners (P. Marshall 10:06, P. Barber 10:29, J. Small 10:38, P. Hare 10:16, D. Thomson 9:43, C. Gunstone 10:18) 61:30; 2, Dr Challoners Old Boys 62:25; 3, St Albans 63:18. **Fastest:** Thomson 9:43.

Blackheath H 1272 v Ranelagh H 1372 Mob Match at Richmond Park: 1, R. Richardson (B) 39:50; 2, R. Samuel (R) 40:37; 3, A. Orr (R) 40:41; 4, W. Harvey (R) 41:19; 5, A. Franklin (B) 41:36; 6, J. Baldwin (B) 41:37.

Surrey Beagles 45 v East Surrey H 46 at Red-hill. 1, R. Treadwell (Sy B) 26:16; 2, K. Riley (Sy B) 28:43; 3, R. Hillier (ESH-J) 29:23.

Welsh Colleges CC Champs at Swansea: 1, M. Firth (UCC) 23:00; 2, M. Ligema (Aber) 23:20; 3, B. Bullen (Swan) 23:25; 4, A. Darby (Gwent C) 23:30; 5, A. Ligema (Lamp) 23:34; 6, Gaywood (Gwent C) 23:45; 7, M. Allen (Aber) 24:17; 8, A. Ireland (Gwent C) 24:20; 9, M. Armstrong (UWIST) 24:35; 10, Flynn (CCoE) 24:42; 11, Kay (Swan) 24:47; 12, C. Shaw (Aber) 24:51; 13, Crombie (UWIST) 25:23; 14, T. Jones (Aber) 25:27; 15, A. Wood (UWIST) 25:27. **Teams:** 1, UCW, Aberystwyth 60; 2, Gwent CoE 124; 3, UWIST 125; 4, UC Swansea 189; 5, Cardiff CoE 145.

Salford H O/25's 16 v U/25's 21 at Boggart Hole Clough: 1 eq, P. Morris (O/25) & B. Aspden (U/25) 29:12; 3, P. Blakeney (U/25) 29:14; 4, D. Brown (O/25) 29:22; 5, S. Clegg (O/25) 29:44; 6, M. Sinkinson (O/25) 29:52.

Belgrave (Boys) 57 v Rutlish Sch 87 at Wimbledon: 1, J. Ferme (Bel) 17:27; 2, M. Sinclair (Bel) 17:27; 3, D. Petterton (Rut) 17:50; 4, J. Searle (Bel) 17:50; 5, J. Bingham (Rut) 18:01.

January 25th

International CC, Allones, France: 1, Soubitez (Fra) 30:23; 2, LES PRESLAND (AF&D) 30:56; 3, Vichnarec (Fra) 31:23; 4, M. Barton (AF&D) 31:30; 5, J. Peel (AF&D) 31:40; 6, J. Watts (AF&D); 12, M. Woods (AF&D); 21, D. Ives (AF&D); 22, D. Curwell (AF&D). **Team:** Aldershot, Farnham & Dist 33.

Mandale AC/Middleton St George Indoor Meeting (unbanked 150m track). 50/300m: T. Freeman (M'bro-J) 6.2/39.4. 1500: S. Markley (M'bro) 3:55.4. SP: I. Scott (M'bro) 13.29/43'74". (Youths) 300: I. Sissons (M'bro) 39.9. (Senior Women) 50:

J. McGregor (Burn R-I) 6.8. 300: 1, McGregor 42.5; 2, A. Woodall (M'bro-I) 44.0. (Juniors) 300: Dalkin (M'bro) 45.2. **Teams:** 1, Middlesbrough & C 82; 2, Burn Road 62; 3, Mandale 59; 4, Middleton St George C 4.

Watford H Half Marathon Champs. 1, T. Barnes 67:30; 2, D. Evans 68:37; 3, M. Pheby 72:13.

January 28th

City of London Poly Monthly Handicap, at Tower Hill. 1, J. Halliday (Hav) 13:03; 2, D. Horsup (Thurr) 13:05; 3, M. Moody (M'head) 13:25. H'cap: D. Vanhegan (Barn) 18:40.

January 31st

Scottish Civil Service CC Champs, at Edinburgh. 1, J. Evans (PO) 24:01; 2, A. McFarlane (PO) 24:02; 3, J. Kerr (PO) 24:28; 4, G. Eadie (PO) 24:52; 5, A. Robertson (Agr) 25:05; 6, P. McGregor (Def) 25:07; 7, I. Gillespie (PO) 25:27; 8, J. Russell (DHSS) 25:29; 9, W. Ramage (DHSS) 25:34; 10, M. Logue (PO) 25:39. **Team:** PO (T). (Women): 1, J. Couper (NSB) 17:30; 2, A. Fenix (NSB) 18:10; 3, J. Thompson (NSB) 19:12.

February 3rd

Commercial Union 5M Road Race, at New Beckenham. 1, R. Gevers (T Bar) 25:54; 2, M. Field (Pearl) 27:24; 3, S. Taylor (Sun L) 27:34. (Vet): J. Geoghegan (Nor Un) 27:55. **Team:** Temple Bar.



Laurie Reilly (Victoria Park) winning the Scottish West District title at Coatbridge.

"Photo Flash"

Scottish CC Championships

Colin Shields reporting

McKEAN DASHES OPPOSITION'S HOPES

ANDREW McKEAN dominated his rivals in the Senior 7½ miles race at the Scottish Cross-Country Championships at Drumpellier Park, Coatbridge last Saturday, winning easily for the third time in the last four years (he finished 2nd to Jim Brown in 1974). A relatively poor run in the international race at Glasgow, where he finished 6th over a minute behind Brendan Foster and only third Scot home, coupled with a shocking performance at San Sebastian had given hopes to his rivals that he would be vulnerable. But it was not to be so!

Right from the start, with the record 554 entry streaming off behind him, he contested the lead with clubmate Adrian Weatherhead, surprise Eastern District champion two weeks previously, and at the end of the first of the five laps these two were 10y clear of Dave Logue and Rees Ward in 6:30. Close behind came Lawrie Spence, Allister Hutton, David McMeekin, Joe Patton, Jim Alder and Lawrie Reilly. Peter Stewart, representing Aberdeen, was in the first dozen with Frank Clement close behind.

McKean (13:16) was forcing the pace on the second lap but Weatherhead was still in close contact, with Hutton (last year's Junior champion) in third place. Reilly had moved up four places to sixth just in front of Jim Alder with newcomer Phil Dolan (Clydesdale) showing in ninth place. The third lap was decisive as McKean broke clear of his pursuers (20:29), attacking strongly on a steep hill halfway round the course to open a 13 sec lead from Weatherhead who was himself 12 sec ahead of Logue and Hutton with Reilly and Ward another 30y behind. At this point Edinburgh AC looked certain to retain their team title with four in the first 10 and another three counters inside the first 20. Patton and Peter Stewart were steadily slipping back through the field.

On the penultimate lap McKean added another 4 sec to his lead (27:07) with Weatherhead still keeping 10 sec clear of Ward and Reilly who had broken Logue and was now being troubled by Spence, the Scottish Universities champion. To a great roar from the large crowd, McKean sprinted down the final hill to break the tape in 34:03, over 2½ minutes faster than last year's time over the same course, but greatly helped by firmer ground conditions. Except for Lawrie Reilly getting the better of Rees Ward and Bill Sheridan passing Jim Dingwall to secure 10th place there were no changes in the first ten finishers home.

As expected, Edinburgh AC won the team title convincingly for the fourth successive time and Edinburgh Southern and Shettleston Harriers duplicated last year's performance in second and third places respectively. Though it looked very

much the 'old guard' with McKean and Weatherhead repeating their 1-2 for Edinburgh AC, only Ward and Alder of last year's top ten managed it this time. Last year's Juniors, Hutton and Reilly, were third and fourth with Bill Sheridan, former British Junior 5000m champion, surprising many in 10th place—as did the splendid and surprising performance of hill running specialist Phil Dolan who secured 8th after a slow start.

The race was sponsored by Monklands District Council's Leisure and Recreation Department and a notable feature was the fine running of 800m star David McMeekin who finished 16th over a course he helped lay in the morning. David is now employed by Monklands DC and he beat his boss Eddie Knox (Springburn) by over two minutes, both enjoying the exercise after working hard throughout the week to make the race a success.

A special General Meeting of the Scottish Cross-Country Union confirmed that Glasgow would be nominated to the IAAF Congress at Chepstow as the host city for the 1978 International Cross Country Championships when they are held in Scotland.

1, A. McKean (Edinburgh AC)	34:03																																											
2, A. Weatherhead (Edinburgh AC)	34:18																																											
3, A. Hutton (Edinburgh Southern)	34:26																																											
4, L. Reilly (Victoria Park)	34:31																																											
5, R. Ward (Shettleston)	34:36																																											
6, D. Logue (Edinburgh Southern)	34:49																																											
7, R. Spence (Shett)	34:55; 8, J. Alder (EAC)	35:09; 9, P. Dolan (Clydes)	35:14; 10, W. Sheridan (Glas Un)	35:19; 11, J. Dingwall (Falk)	35:21; 12, A. Blamire (ESH)	35:41; 13, D. Macgregor (Fife)	35:45; 14, A. Wight (EAC)	35:46; 15, D. Gunstone (EAC)	35:52; 16, D. McMeekin (Vic P)	35:56; 17, S. Keith (EAC)	36:03; 18, M. Craven (ESH)	36:05; 19, K. Tayler (E Kilb)	36:06; 20, P. Stewart (Aber)	36:07; 21, A. McFarlane (Spring)	36:09; 22, W. Day (Falk)	36:10; 23, R. McCrone (Bell)	36:16; 24, I. Orton (Edin Un)	36:18; 25, N. Bailey (ESH)	36:19; 26, A. Partridge (E Kilb)	36:20; 27, J. Patton (EAC)	36:34; 28, F. Clement (Bell)	36:37; 29, G. Milne (Aber)	36:38; 30, S. Easton (Shett)	36:44; 31, I. McKenzie (Aber)	36:48; 32, W. Yate (Mary)	36:49; 33, D. Lang (Shett)	36:50; 34, D. Austin (Vic P)	36:55; 35, A. Murray (ESH)	36:56; 36, R. Hodelet (Green GH)	37:01; 37, P. Preston (Cambus)	37:02; 38, I. Mitchell (Vic P)	37:04; 39, J. Golder (Ayr)	37:06; 40, H. Summerhill (Shett)	37:10; 41, D. Knowles (EAC)	37:11; 42, A. Neal (E Kilb)	37:13; 43, M. Edwards (Aber)	37:16; 44, I. Kiltie (Edin Un)	37:29; 45, A. Hunter (Glas Un)	37:31; 46, R. Morris (EAC)	37:32; 47, W. Scally (Shett)	37:33; 48, C. Martin (Dumb)	37:37; 49, J. Ferguson (Ayr)	37:39; 50, T. McBrien (Aber)	37:45.

51, D. Gemmell (Clydes) 37:46; 52, R. Bailey (Clyde V) 37:47; 53, E. Knox (Spring) 37:48; 54, A. Gilmour (Cambus) 37:52; 55, C. Joss (Bell) 37:53; 56, C. McAlinden (Pais-V) 37:55; 57, D. Watson (EAC) 37:56; 58, T. Wiseman (Gars) 38:07; 59, I. Gillespie (Stir) 38:08; 60, S. Taylor (Aber) 38:12; 61, J. Small (Clyde V) 38:15; 62, I. Graves (Fife) 38:17; 63, W. Fothergill (Vic P) 38:21; 64, J. Martin (Spring) 38:23; 65, G. Eadie (Cambus-V) 38:26; 66, R. Knowles (EAC) 38:27; 67, D. Wyper (WoS) 38:29; 68, A. Samuel (Tev) 38:30; 69, R. Anderson (Cambus) 38:39; 70, A. McDowall (Ayr) 38:40; 71, E. Fisher (EAC) 38:42; 72, I. Trapp (EAC) 38:43; 73, H. Gorman (Spring) 38:46; 74, R. Wilson (Gars) 38:47; 75, W. Cairns (Dumb) 38:48; 76, D. Fairweather (Law) 38:51; 77, D. Ritchie (Aber) 38:52; 78, J. Evans (Shett) 38:52; 79, I. Leggett (Clydes) 38:53; 80, G. Brown (ESH) 38:57; 81, D. Leitch (Gars) 38:57; 82, M. Black (Bell) 39:03; 83, D. Simpson (Law) 39:06; 84, W. Ramage (Spring-V) 39:06; 85, I. Donald (Clydes) 39:08; 86, W. Reid (Glas Un) 39:09; 87, W. Drysdale (Law) 39:10; 88, D. Cooney (Cambus) 39:10; 89, R. Blair (Vic P) 39:22; 90, R. Adams (Falk) 39:26; 91, D. Wood (ESH) 39:29; 92, D. Goff (Dund Un) 39:30; 93, A. McPhee (Pais) 39:34; 94, T. McCulloch (Ayr) 39:40; 95, D. Morgan (ESH) 39:42; 96, T. Donnelly (Bell) 39:44; 97, K. Laing (Kilb) 39:46; 98, G. Duff (Liv) 39:47; 99, C. Lennox (Spring) 39:48; 100, J. Barrowman (Gars) 39:48.

Teams:

1, Edinburgh AC (1, 2, 8, 14, 15, 17) 57
2, Edinburgh Southern (3, 6, 12, 18, 25, 35) 99

3, Shettleston (5, 7, 30, 33, 40, 47) 162
4, Aberdeen 233; 5, Victoria Park 254; 6, Bella-houston 387; 7, Springburn 393; 8, Cambuslang 419; 9, East Kilbride 484; 10, Glasgow Univ 501; 11, Clydesdale 517; 12, Garscube 569; 13, Fife 671; 14, Falkirk Victoria 705; 15, Dumbarton 753; 16, Greenock Wellpark 753; 17, Law & Dist 808; 18, Greenock Glenpark 825; 19, Teviotdale 863; 20, Maryhill 891; 21, Spango Valley 1033.

SCOTTISH WOMEN'S CC CHAMPIONSHIPS**At Livingston, February 7th**

1, C. Haskett (Stretford) 21:03
2, M. O'Boyle (Victoria Park) 22:06
3, M. Coomber (Cambridge H) 22:36
4, A. Parker (AF&D) 22:44; 5, M. Chambers (EAC) 22:54; 6, E. McMeekin (Glas) 23:09; 7, L. Watson (LOAC) 23:17; 8, J. Higgins (Glas) 23:34; 9, G. Hutchinson (Edin Un) 23:52; 10, M. Dewar (Pit) 23:58; 11, L. Inglis (EAC) 24:14; 12, E. Fleming (Pit) 24:31; 13, M. Sorbie (Glas) 24:33; 14, P. Meldrum (Unatt) 24:34; 15, P. Gunstone (EAC) 24:39; 16, C. Lafferty (Green RP) 25:00; 17, V. Hope (Edin Un) 25:38; 18, J. Barrass (AF&D) 25:44; 19, J. Millington (ESH) 25:49; 20, G. Pope (Dund) 25:58; 21, A. Lawson (Stret) 26:01; 22, S. Brown (Dund) 26:01; 23, D. Greig (Unatt) 26:19; 24, N. O'Boyle (Vic P) 26:27; 25, C. Lightfoot (SHL) 26:30; 26, P. Spence (Green RP) 26:37; 27, G. Brown (Clyde V) 27:24; 28, P. Gunstone (Vic P) 27:58; 29, E. Treanor (SHL) 28:19; 30, A. Hutchenson (Glas) 29:33; 31, P. Briggs (Liv) 29:41; 32, B. Buchanan (Pit) 30:13; 33, J. Grant (Liv) 30:39. **Teams:** 1, Glasgow 49; 2, Victoria Park 54.

MONKLANDS DISTRICT COUNCIL

*This Council was happy to sponsor
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the first of these will be on **MAY 9th**, the second on **AUGUST 7th**

G.B. internationals keep these dates clear. We could be contacting you
in the near future

RUNNERS ON THE FELS: 1975 SEASON

Reviewed by W. R. Smith

YET another new name will be inscribed on the 'Fell Runner of the Year' trophy for 1975, the fourth year in which the competition has been promoted by the Fell Runners' Association. It has so far borne the names of Dave Cannon (1972), Harry Walker (1973) and Jeff Norman (1974), to which trio will now be added that of Mike Short of Horwich RMI Harriers.

Only the severe 'A' Category events counted last year, incidentally, to ensure that the highest positions would be won on true fell running merit, whereas in previous years points could be gained in some events which were actually closer to cross-country than fell racing. As a further precaution to see that justice was done, it was decided that only half of the total number of 'A' Category events in the FRA Calendar would count, and these would be the 12 best performances of each runner out of a total of 23. This system therefore prevented a runner of average ability competing in all the 'A' races and perhaps gaining more points than an athlete of superior talent whose limited leisure time and/or financial means allow him to compete only occasionally. Joss Naylor, for instance, is prevented from competing—and even training—as often as he would like to by work on his Wasdale sheepfarm, which he runs

singlehanded. As in previous years, however, the winner of an 'A' Category event still receives 22 points, second 19, third 18, and so on down to 20th position.

Mike Short collected 233 points out of a possible 264, which was a really splendid achievement. Harry Walker (Blackburn) was runner-up with 225 points, thereby making him the most consistent competitor so far, for he was also runner-up in 1972 and 1974, and winner of the title in 1973. Other highly-placed runners were: Brian Finlayson (Lochaber), third with 163 points; Joss Naylor (Kendal), fourth with 133; Mike Nicholson (Kendal), fifth with 127; John Blair-Fish (Lochaber), sixth with 113; Harry Blenkinsop (Kendal), seventh with 111; Martin Weeks (Bingley), eighth with 109; Jeff Norman (Altrincham) and Duncan Overton (Kendal), joint ninth with 108.

The season opened at Penicuik, Midlothian, on February 22nd with the **Carnethy Hill Race** (B: 10 miles: 1,300ft), in which a new record of 50:37 was established by Alastair Blamire (ESH), a new name on the Scottish hill racing circuit. Jeff Norman's old record of 52:01 (1974) was also broken by Harry Walker (51:41), while Jeff himself was third in 52:03.

In the **Edale Skyline Fell Race** (B: 22 miles:

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TO BE HELD AT YEOVIL COLLEGE

(By kind permission of the Somerset Education Committee & the Principal)

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COACHING STAFF

CARLTON JOHNSON

DAVID KAY

HARRY WILSON

IAN DODD, M.A.

MIKE SMITH

RON MURRAY

B.A.A.B. National Coach.

B.A.A.B. National Coach.

National Event Coach—Long Distance.

Senior Lecturer—Exercise Physiology, St. Paul's College, Cheltenham.

S.C.A.A.A. Staff Coach—Sprints.

S.C.A.A.A. Staff Coach—High Jump.

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Mike Short on the descent in the Burnsall Fell Race.

W. R. Smith

4,500ft) in Derbyshire on March 23rd, both Walker and Norman broke the former's 1974 record time of 2:40:10. Harry once again built up a decisive lead over the heavy going in the latter stages of the race, and finally beat Jeff, 2:36:03 to 2:39:49. Walker again emerged victorious the following weekend when he won the **Rivington Pike Fell Race** (C: 3½ miles: 1,149ft) at Horwich in 17:02 after a terrific battle with local favourite, Mike Short (17:10).

Meanwhile, north of the Border, Phil Dolan (Clydesdale) had scored a 5sec victory over Alan Partridge (E Kilbride) in the **Cathkin Braes Hill Race** with a time of 24:06. Next day, on the Isle of Man, Ricky Wilde (M&D) defeated John Fox (A&SV) by 2sec to win the **Manx AC Hill Race** (B: 4 miles) in 25:35. On Easter Monday, Jeff Norman won the **Manx Mountain Marathon** (A: 30 miles: 9,000ft) in 4:24:55, while course record-holder Joss Naylor (4:20:01 in 1973) surprisingly found himself pushed into third place (4:27:35) by Dave Halstead of Blackburn (4:26:39).

The **Pendle Fell Race** (A: 4½ miles: 1,500ft) on April 5th was won by Harry Walker in 30:36. The steep scramble up Pendle's 'Big End' is one of Harry's favourite climbs, incidentally, though he had already asserted his lead on the earlier and milder ascent of Barley Moor. His closest contenders were Mike Short (31:15) and Brian Finlayson (32:06). Walker and Short were again in close contention on April 12th in the inaugural **Kentmere Horseshoe Fell Race** (12 miles: 3,400ft) in the Lake District, but on this occasion they had

to settle for second and third places respectively, with times of 1:28:00 and 1:28:11. A navigational error cost them the lead beyond the first checkpoint on Kentmere Pike, and although they were still challenging strongly towards the end, along with Richard Belk (Kendal), it was Jeff Norman who romped home first with a time of 1:27:52.

Norman also managed to retain his 'King of the Peaks' title by scoring over Walker by 3min 28sec in the **Three Peaks Race** (A: 23½ miles: 4,500ft) on April 27th. The start/finish to this event has now been transferred from Chapel-le-Dale to Horton-in-Ribblesdale and an extra 1½ miles have been added to the course, resulting in a winning time of 2:41:37. Harry was only one minute behind Jeff on the third peak, Ingleborough, but the latter increased his lead considerably over the final section of moorland down Sulber Nick.

The **Goat Fell Race** (A: 6 miles: 2,866ft) on the Isle of Arran, May 10th, was won by Brian Finlayson in 1:16:31, with Dennis Weir (Sale) second in 1:21:00. The following weekend, in the **Fairfield Horseshoe Fell Race** (A: 8 miles: 3,000ft), Walker defeated Short by 20sec in 1:09:35. This same weekend, May 17th/18th, also witnessed Alan Heaton's eighth win in the **Fellsman Hike** (55 miles: 10,000ft), though on this occasion the Clayton-le-Moors runner had to share the honours with Peter Hartley (Rossendale), who matched his time of 14hr 35min.

Harry Walker, making his initial traverse of the **Saddleworth Fell Race** course (B: 3 miles: 950ft) on May 25th, led the field all the way around to produce a winning time of 19:54, with runner-up Martin Weeks arriving 14sec later. The **Welsh 1,000 Metres Peaks Race** (A: 18 miles: 5,500ft) for a change had good weather on May 31st, when Joss Naylor sliced almost 15min from his previous course record (1972) by winning in 3:22:20, ahead of Mike Short (3:33:15) and Pete Walkington of Blackburn (3:39:40). Peter Duffy (Kendal) won the **Chevy Chase Fell Race** (A: 17 miles: 4,000ft) in Northumberland next day with a time of 2:16:30, but his clubmate Mike Nicholson was beaten into second place by Brian Sweeting (Sunderland), whose time of 2:18:20 was 10sec faster.

The weekend of June 7th/8th saw Harry Walker winning two fell races in Ribblesdale: the **Pen-y-ghent** (B: 7 miles: 1,520ft) on the Saturday, and the **Clitheroe** (C: 7½ miles: 1,350ft) on the Sunday. The **Ben Lomond Race** (A: 7 miles: 3,000ft), also held on this extremely warm Sunday, was won by Brian Finlayson in 1:11:10, with Dennis Weir (1:13:15) defeating Pete Duffy (1:14:28) in the battle for second place.

Jeff Norman, Harry Walker and Mike Short all made an admirable effort to stay with Joss Naylor in the **Ennerdale Horseshoe Fell Race** (A: 23 miles: 7,500ft) on June 14th, but Joss began to build up an unassailable lead over the rugged, mist-shrouded terrain beyond the second checkpoint on Red Pike, and completed the course in 3:30:55—15sec outside his 1972 record time. Norman finished second in 3:45:40, followed by Walker (3:46:22) and Short (3:50:00). Next day

Roger Bradley's record of 1:13:05 (1974) for the **Lomonds of Fife Hill Race** (B: 9½ miles: 2,200ft) was broken by both Finlayson (1:22:02) and the Aberdeen runner, Mel Edwards (1:12:51), while Bradley (Holmfirth) was himself placed fourth in 1:13:53.

Heatwave conditions prevailed on June 21st when Pete Warkington achieved his third victory in the **Lake District Four 3,000 Foot Peaks Marathon** (45 miles: 11,000ft) with a time of 8hr 58min, beating Pete Bland (Kendal) by 44min. During the afternoon of that same day, down in the southern Pennines, Mike Short won the **Harden Moss Fell Race** (C: 2 miles), near Holmfirth, then travelled up to his native moorlands to finish a creditable sixth in the **Great Hill Race** (C: 5 miles: 1,200ft) from Brinscall, run at mid-evening. The winner was Jeff Norman in a new record time of 31:14, followed by Walker in 31:47. And the fourth event of this remarkable day was the **Eildon Hill Race** (B: 4 miles), in the southern Uplands of Scotland, which was won by Alastair Blamire in 29:26, 8sec ahead of Phil Dolan.

The following day, June 22nd, Joss Naylor set off for his magnificent **72 Lakeland Peaks Traverse**, which he completed in 23hr 11min. The **Musbury Tor Relays** (1 mile: 500ft) from Helmsore in Rosendale on June 25th were won in 27:07 by the Holmfirth trio of Styan, Buckley and Seddon. Three days later Finlayson scored his second successive victory in the **Cairngorm Hill Race** (B: 10 miles: 3,084ft), his time of 1:15:39 being 41sec faster than that of runner-up Mel Edwards.

The first Sunday of July (6th) was again a fine one for the **Skiddaw Fell Race** (A: 9 miles: 2,700ft)



Harry Walker running in the Ennerdale Horseshoe race.
Tommy Orr

from Keswick. Jeff Norman overtook Harry Walker on the descent and went on to win by 33sec in 1:05:42. It was warm and sunny the following Saturday too, but with mist on some of the higher peaks above Joss Naylor's home in Wasdale. Mike Short and Harry Walker both set off determined to give Joss a run for his money in the **Wasdale Fell Race** (A: 22 miles: 8,540ft), but Naylor's superiority over this type of terrain and distance began to tell as the course grew progressively rougher, and he emerged a clear winner in 3:41:49. Mike (3:50:10) beat Harry (3:52:37) for second place.

The **Slieve Donard Fell Race** (A: 8½ miles: 2,796ft) from Newcastle, County Down, on July 18th was won in a new record time of 1:09:47 by race organiser Jim Hayes (Ballydrain), whose clubmate Ian Morrison came second in 1:13:29. Next day, over in Scotland, Jim Smith (Bury & R) won the **Bens of Jura Fell Race** (A: 15 miles: 7,500ft) in 4:31:30, the Kendal runners Harry Blenkinsop and Duncan Overton taking second and third places respectively (4:43 and 4:47).

A minor route-finding error by Richard Belk (Kendal) towards the end of the **Kinniside Fell Race** (B: 8½ miles: 2,400ft), also on July 19th, allowed young Alan McGee (Keswick) to score a 13sec victory in 1:11:34 over his adversary in front of a 'home crowd' at Cleaton Moor Sports, in western Cumbria. Meanwhile, in the Pennines, Mike Short was creating a new record of 46:55 for the **Ingleborough Fell Race** (B: 8 miles: 1,950ft) from Ingleton. Former course record-holder Harry Walker (47:46 in 1974) had to be content with third place in 47:40 on this occasion, but both he and Martin Weeks (47:27) were also inside the old record. It was on this same weekend that Joss Naylor's **Pennine Way** record was broken by his Kendal clubmate, Peter Dawes, who completed the 271-mile course in 3 days 1hr 48min.

On July 26th Brian Finlayson won the **Half Nevis Race** (A: 6 miles: 2,000ft) from Fort William to the Red Burn crossing and back, in 52:30, followed by Lochaber clubmates Ronnie Campbell (54:45) and Charlie Jarvie (55:50). Finlayson was again victorious the following Saturday in the **Creag Dhubh Hill Race** (A: 3 miles: 1,223ft) at Newtonmore Highland Games, beating course record-holder Martin Weeks (26:20 in 1974) by 1:14 with a time of 27:14.

August 3rd saw Harry Walker gaining his third win in the **Latrigg Fell Race** (A: 2½ miles: 950ft) at Keswick with a time of 16:51, Mike Short being second in 16:58. This was also the date of the **Pikes Peak Marathon** (26 miles: 7,539ft) in Colorado, USA, in which Joss Naylor finished a highly creditable sixth with a time of 4:07:22. He had less than two weeks to acclimatise himself to the high altitude running, for the race starts at 6,571ft above sea level and rises to 14,110ft. A new course record of 3:31:05 was established by Rick Trujillo, a mining geologist who lives and works at between 9,000 and 13,000ft. However, Naylor's descent time of 1:26:17 appears to be the fastest yet achieved in the race.

(continued next week)

COURSE WAS ADEQUATELY EXPLAINED

Neil Nuttall, commenting on the report of the Billy Morton Women's CC International at Rawtenstall on January 10th (see January 24th issue), points out: "The course was more than adequately explained to the Intermediates, as Mrs Vera Duerdin and her assistant English team managers agree. The mistake Sue Parker made was a genuine one, caused in my opinion by her nerves and the excitement in the crowd as the leaders passed the finish. All team managers had copies of the programme the night before the races and the course was open for inspection from 11am on the Saturday." Northern Ireland finished 5th in the Intermediates event with 102 points.

FIXTURE CHANGES

The venue for the LOAC women's CC races on March 13th will be Cranford Park, Cranford, Middx . . . The Edinburgh University '10' will take place on February 28th, not March 6th as previously published . . . The Grange-mouth 'Round the Houses' race will be held on March 21st, not February 22nd as listed earlier . . . Nottingham University are staging a 5 x 3M road (not CC) relay on February 28th; delete Nottingham University Relay listed for March 20th . . . The Kent Schools CC Championship (Boys) are at Dartford Tech on February 28th.

OLYMPIC FILM SHOW

The NUTS will be holding a film evening on March 5th at the Fox-Rank Preview Theatre in

London (starting at 7pm). The full-length (130min) version of 'Tokyo Olympiad 1964' will be screened, together with 'The Running, Jumping and Standing Still Film'. The programme will be introduced by Tom McNab. Write for booking form to Andrew Huxtable, 78 Toynbee Road, London SW20 8SR.

ALDERSLEY TRAINING TIMES

The stadium is normally open Monday to Thursday from 9am to 9pm (floodlights every night), Friday 9am-4pm, Saturday 1.30-5.30pm, Sunday 10am-1pm. Training charges: seniors—8p, juniors—7p.

The British Student Sports Federation are sending teams of six men and four women to the World Student CC Championships at Leuven (Belgium), April 2nd-5th. Any full-time student who did not run in the BSSF Championships and who wishes to be considered for this event should send full details of recent form and availability to M. Gee, Secretary, BSSF, 28 Woburn Square, London WC1H 0AD.

* * *

There is an entry of 500 for the National Veterans CC Championships at Parliament Hill on Sunday (February 22nd). Entrants for group 1 include defending champion Roy Fowler, Ron Gomez, Laurie O'Hara, George Brown, Mike Barratt, Ken Harland, Eric Austin, John Wild, Maurice Morrell and Peter Wilkinson.

FINCHLEY '20'

HILLINGDON A.C. PRESENT

ON SATURDAY, 17th APRIL, 1976

THE 44th FINCHLEY 20

(Under A.A.A. Laws)

From Clubhouse, Bury St., Ruislip, 3 p.m.

The race incorp. Inter Counties 20 mile Champs., S. Cties, Middx, Herts, Bucks, Berks, Beds, Kent and Sussex County Champs. **Trophies:** 1st Team and Indiv. **Prizes:** 1st 10 Indivs., 1st 3 Teams of 4, 1st 2 Vets and 1st Vets Team of 5 (medals). **Fees:** 30p Finch. Ind., 50p S. Cties Ind., 10p Berks Ind., 15p Beds Ind., 25p Herts Ind., 25p Bucks Ind., 30p Middx Ind., £1 Middx Team. No other fees. **Teams:** Finch, any enter, 8 run, 4 score. S. Cties 9 enter, 6 run, 3 score. Middx 12 enter, 6 run, 3 score. Kent any enter, 6 run, 3 score. **Entries on AAA forms to A. Chidley, 9 Conway Gardens, Wembley, Middx. HA9 8TR, by 2nd April. Inter-County entries to L. Cohen, 34 Kenwood Avenue, Enfield, by 26th March.**

5 MILES SENIOR LADIES

In conjunction with the above, Hillingdon A.C. are promoting an **Open 5 Mile IND., SENIOR LADIES Road Race.** (1 lap of Finchley 20 course). **Start:** 2 p.m. **Trophy:** 1st Ind. **Prizes:** 1st 3 Ind. **Entries (20p) to A. Chidley as above, by 2nd April.**

WELSH GAMES**2nd OPEN****MARATHON**

(Incorporating the Welsh A.A.A. Championship Marathon)

CWMBRAN STADIUM

SATURDAY, 17th JULY, 1976

VALUABLE PRIZES

For further details write to:

Welsh Games Council,
9 Cathedral Road,
Cardiff.

POSTAL BOOK SALES DEPT.

Send to Book Dept., 'Athletics Weekly', 344 High Street, Rochester, Kent ME1 1DT, enclosing cheque or postal order payable to Athletics Weekly. Book tokens are not accepted. All prices quoted are inclusive of postage and packing. Books in stock will be despatched promptly but where orders are forwarded to individual publishers a delay will be unavoidable. In the case of some American book imports, where an order arrives after we have exhausted our stock there could be a delay of some two months before a new shipment arrives from the USA.

RUNNER'S WORLD BOOKLETS

New Views of Speed Training Suggestions for making speed training both profitable and enjoyable. 48 pages. Price: 70p.

Encyclopaedia of Athletic Medicine Emphasis is on prevention, stopping injuries and illnesses at the source. Disabilities of bones, muscles, arches, tendons etc, and internal problems are dealt with. 96 pages. Price: £1.10.

The Runner's Diet Suggests ways to improve performance through dietary control. 80 pages. Price: £1.10.

Interval Training Ex-Olympic marathoner Nick Costes takes a fresh look at the subject. 80 pages. Price: £1.10.

Frank Shorter Story Detailed look at the career of the reigning Olympic marathon champion. 48 pages. Price: 60p.

Runner's Training Guide Experts on all aspects of training philosophy present their methods. 96 pages. Price: £1.55.

The Running Body The physiology of running; how the body in action works and how to make it work more efficiently and effectively. 48 pages. Price: 85p.

Finnish Running Secrets The first full examination of the men and methods that brought the Finns back into world leadership in distance running, featuring Viren and Vasala. 96 pages. Price: £1.35.

Exercises for Runners How to increase power with strength work and reduce injuries with stretching. 80 pages. Price: £1.10.

Dave Wottle Story Biography of the Olympic 800m champion. 48 pages. Price: 85p.

The Female Runner Looks at the special needs and problems of women runners, from sprinters to marathoners. 32 pages. Price: 70p.

Run Gently Run Long Joe Henderson's sequel to the popular 'LSD' book published five years earlier. Tells how to enjoy a long and productive running career with minimum of pain. 96 pages. Price: £1.35.

Hurdling and Steeplechasing Simple step-by-step guide to the barrier events. 48 pages. Price: 95p.

Athlete's Feet Foot specialists tell how to carry out preventive maintenance. 48 pages. Price: 95p.

THE BRITISH MILERS' CLUB

Congratulates its members on their

NATIONAL WOMEN'S CROSS COUNTRY TRIUMPH

1. Mrs A. Ford (née Yeoman). Coached by BMC Staff Coach, Conrad Milton.
3. Mrs G. Penny (née Goodburn). Coached by BMC Staff Coach, Ron Holman.
5. Mrs T. Bateman, Midlands BMC.
6. Mrs A. Blake, S.W. Counties BMC.
7. Mrs C. Gould. Coached by Brian Smith.
9. Sharon Harvey, Southern BMC.
10. Caroline Simpson. Coached by Conrad Milton.
11. Christine Haskett. Coached by BMC Coach, Eddie Powell.
15. Paula Yeoman. Coached by Conrad Milton.
16. Christine Readdy, Midland BMC.

Race Walking The sport is surveyed, with advice on training and mastering the walking action. 48 pages. Price: 85p.

Tale of the Ancient Marathoner The amazing Jack Foster tells his own life story, littered with advice for runners of every age. 48 pages. Price: 85p.

The Complete Runner Articles on style, training, philosophy, diet, conditioning, running for fun, great runners and races, motivation, injury prevention, etc. 400 pages. Hardback. £5.50.

Guide to Distance Running Nearly 100 articles divided into five chapters: Basics, Races and Racing, Coaching and Training, The Reasons Why, The People. 208 pages; nearly 100 photos. Price: £3.40.

Age of the Runner Examines running's effects on aging and longevity and how a runner's age affects his performance. 56 pages. Price: 95p.

Running After Forty Articles on racing, training and physiology, plus profiles on 21 veteran distance runners. 36 pages. Price: 60p.

Running With Style Well illustrated guide to proper technique. 48 pages. Price: 85p.

Beginning Running Joe Henderson's classic on how to start running and why. 32 pages. Price: 60p.

Coaching Distance Runners Coaches talk about coaching and athletes talk about their coaches. 48 pages. Price: 70p.

Gerry Lindgren Story. Biography of former 6 miles world record holder. 32 pages. Price: 60p.

The Varied World of Cross-Country Shows unique simplicity, beauty and variety of the sport. 48 pages. Price: 70p.

Practical Running Psychology Guide to understanding the distance athlete's mental make-up. 52 pages. Price: 85p.

Racing Techniques Practical advice on pacing, tactics etc. 52 pages. Price: 85p.

First Steps to Fitness Concentrating on problems and pains that prevent a runner from establishing the running habit. 64 pages. Price: 85p.

Guide to Sprinting Advice for the exacting sprinter who wants to reduce the margin of error. 32 pages. Price: 70p.

Running with the Elements What to do about heat, cold, wind, altitude, dogs etc. 96 pages. Price: £1.45.

The Boston Marathon History of a classic race. 48 pages. Price: 60p.

The Young Runner Their special concerns, including profiles of top young runners. 48 pages. Price 60p.

Shoes for Runners Detailed evaluations of the most popular shoes in use today. 84 pages. Price: £1.10.

Thoughts on the Run Collection of Joe Henderson's best. 112 pages. Price: £1.35.

Yoga and the Athlete Personal insight into yoga, plus practical information. 100 pages. Price: £1.35.

Food for Fitness Guide to nutrition and its effect on the athlete. 144 pages. Price: £1.60.

The African Running Revolution Hows and whys of the great African success story, featuring Keino, Jipcho, Bayi etc. 112 pages. Price: £1.35.

Step Up to Racing Exploration of emotional

and physical aspects in 50 different topics arranged alphabetically. 80 pages. Price: £1.00.

OTHER AMERICAN BOOKS

Back Track by Maxwell Stiles. Great moments in athletics history from 1921 to 1956 as witnessed by an outstanding sportswriter. 57 pages. Published 1959. Price: 50p.

The Jumps—Contemporary Theory, Technique and Training edited by Fred Wilt. Collection of 37 articles, offering international cross-section of modern theory and progress in the technique and training of the four jumping events. 160 large pages; many drawings. Published 1972. Price: £3.00.

Teenage Distance Running by Kim Valentine. Year-round programme for developing the young distance runner. Full training schedules for all seasons. 64 pages; illustrated. Published 1973. Price: £1.25.

Corbitt by John Chodes. The story of Ted Corbitt, the man who has run more marathons (180-plus!) than anyone else in history. Chosen by New York Times as one of 1974's best sports books. 160 pages; illustrated. Price: £1.95.

Arthur Lydiard's Running Training Schedules The celebrated NZ coach explains his methods; tables and schedules for 800m—marathon. 20 pages. Published 1970. Price: 85p.

How They Train: Long Distances edited by Fred Wilt. Training schedules and details of 60 top runners from 3000m upwards (incl steeplechase). 128 pages; illustrated. Published 1973. Price: £1.50.

ATFS Annual 1975 edited by Don Potts. Deep world ranking lists (men) for 1974, plus top 30 of all time as at 1.1.75. 96 pages; illustrated. Price: £1.50.

The Hurdler's Bible by Wilbur L. Ross. The most complete work on hurdling ever. Technique and training; style comparisons, etc. 180 pages; illustrated. Published 1969. Price: £2.50.

The Worlds of Brutus Hamilton An anthology of the wit and wisdom of the famous American coach (1900-1970). 128 pages; illustrated. Published 1975. Price: £1.75.

Inside Track by Jim Bush. Comprehensive guide to running events by one of the USA's most successful active coaches. 75 pages; illustrated. Published 1974. Price: £2.00.

Herb McKenley—Olympic Star Biography of Jamaica's great 400 runner, one of the stars of the 1952 Olympics. 110 pages; illustrated. Published 1974. Price: £3.00.

My Race Be Won by Vince Matthews with Neil Amdur. Life story of controversial 1972 Olympic 400 champion. 396 pages; hard back. Published 1974. Price: £5.00.

AMERICAN MAGAZINES

Track and Field News Now published 12 times a year, average of 64 pages per issue. US and international reports and results; personality articles and interviews; quotes; statistics; women's coverage also now; profusely illustrated. Annual subscription (surface mail): £6.30; (air) £13.

Track Technique Published 4 times a year. Training and technique articles from all over the world, with emphasis on practical material for

coach and athlete. Annual subscription (surface mail): **£2.50**; 3 years—**£6.00**.

Women's Track and Field World Published minimum of 10 times a year. US and international reports and results; articles; statistics; well illustrated. Annual subscription (surface mail): **£4.00**.

Track Newsletter Published 18 times a year. Detailed US and international results. Annual subscription (surface mail): **£5.00**; (air) **£9.50**.

BAAB INSTRUCTIONAL BOOKLETS

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

Sprinting and Relay Racing by Bill Marlow (1972); 48 pages. Price: **50p**.

Hurdling by John le Masurier (1974); 40 pages. Price: **85p**.

High Jump by Frank Dick (1975); 70 pages. Price: **£1.15**.

Pole Vault by Dr. Alan Neuff (1975); 56 pages. Price: **£1.10**.

Javelin Throwing by Wilf Paish (1972); 48 pages. Price: **50p**.

Decathlon by Tom McNab (1972); 71 pages. Price: **85p**.

A DATE TO REMEMBER! CAMBERLEY YOUNG ATHLETES MEETING SUNDAY, MAY 23rd, 1976

Details in forthcoming advertisements

UXBRIDGE & DIST. LADIES A.C.

Garland Trophy Ladies' Road Relays

Course: Brunel Univ. Changing & Refreshments: Greenway School, The Greenway, Uxbridge, Middx.

SUNDAY, 28th MARCH, 2 p.m.

Girls & Juniors 3 x 1500m, Inters 3 x 2400m, Seniors 3 x 3000m. (Under W.A.A.A. Laws)

Entries (45p team of 3) to C. Jerome, 177 Ash Grove, Harefield, Middx., by 16th March.

RYDE HARRIERS

ANNUAL NEWPORT TO RYDE

OPEN 7 MILES ROAD RACE

Senior Men—Ind. Team & Vets. 40-49 & 50 plus.

Senior Ladies—Individual only.

SATURDAY, 10th APRIL, 1976

Men 3.30 p.m., Ladies 4.00 p.m. from Newport
GOOD PRIZE LIST

Special Coach will convey competitors from Ryde Pier to Newport and follow race back with supporters—Fare 20p.

Entries (25p, no Team fee) and enquiries to Hon Sec., Ryde Harriers, (N/R Race) 31 High Street, Oakfield, Ryde, I.O.W. PO33 1EJ.

CLOSING DATE FRIDAY, 2nd APRIL

Strength Training for Athletics by Ron Pickering (1975); 72 pages. Price: **£1.15**.

Middle and Long Distance, Marathon and Steeplechase by Denis Watts and Harry Wilson (1976); 78 pages. Price: **£1.40**.

Hammer Throwing by Howard Payne (1969); 148 pages. Price: **£1.00**.

OTHER BAAB/AAA PUBLICATIONS

Starting and Timekeeping by J. W. Aspland and H. A. Hathway (1969); 36 pages. Price: **35p**.

How to Judge Field Events by Vic Sealy, revised by Cyril Sinfield (1969); 40 pages. Price: **35p**.

How to Teach the Throws (a guide for class teachers); 24 pages. Price: **35p**.

How to Organise an Athletics Meeting (1974); 40 pages. Price: **50p**.

MIDLAND VETERANS CHAMPS

At Sparkhill, January 18th

1, D. Cooper (Worcester)	31:13															
2, E. Austin (Tipton)	31:44															
3, E. Williams (Shrewsbury)	32:05															
4, P. Morris (Loz)	32:33; 5, J. Mills (Spark)	33:02;														
6, C. Simpson (S Heath)	33:15; 7, P. Wilkinson (Dby)	34:11; 8, R. Bentley (Tip)	34:32; 9, D. Davies (Chelt)	35:06; 10, R. Webster (War)	35:14;											
11, D. McWhirter (Tip)	35:28; 12, D. Prince (W&B)	35:31; 13, D. Harris (D&S)	35:58; 14, R. Richmond (Spark)	36:10; 15, G. Phipps (Leam)	36:16; 16, B. Boyce (Tip)	36:43; 17, K. Dare (S Heath)	36:56; 18, D. Rhodes (W&B)	37:21; 19, G. Ashby (W Brom)	37:28; 20, H. Boswell (D&S)	37:33. (Age Groups—Individuals) (1A): 1, Cooper; 2, Austin; 3, Williams. (1B): 1, Simpson; 2, Bentley; 3, McWhirter. (2A): 1, H. Haden (Tip)	37:52; 2, N. Blackham (B'field)	47:02. (2B): 1, H. Lewis (Mid V)	47:59; 2, W. Kay (B'field)	51:27. (3A): 1, S. Lee (Rug)	44:00; 2, A. Poole (Worc)	47:44. Teams: 1, Tipton 21; 2, Small Heath 45; 3, Sparkhill 46; 4, Derby 58; 5, W&B 58; 6, Dudley & S 69; 7, Leamington 80; 8, Birchfield 103.

EAST ANGLIAN CC LEAGUE

At RAF Wyton, January 7th

1, Hurd (Watt)	26:43; 2, Edgington (Bram)	27:14; 3, Clare (Hon)	27:28; 4, Rust (Bram)	27:45; 5, Bigham (Bram)	28:23; 6, Bryan (Wyt)	28:44; 7, Jeffs (Wyt)	28:58; 8, McGuinness (W Ray)	29:09; 9, Horkan (Watt)	29:15; 10, Bowden (Mar)	29:24. Teams: 1, Brampton 375; 2, Wattisham 368; 3, Honington 356.
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At RAF Marham, January 14th

1, Hurd (Watt)	41:22; 2, Edgington (Bram)	41:55; 3, Rust (Bram)	44:17; 4, Jeffs (Wyt)	44:20; 5, Bigham (Bram)	44:50; 6, Phimster (Mil/L)	45:30. Teams: 1, Brampton 375; 2, Wattisham 348; 3, Univ of East Anglia 322.
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Middlesex County AAA are holding a practical test for timekeepers on Sunday, March 7th, starting at 10.30 am, at Feltham Stadium, Shakespeare Avenue, Feltham, Middx—fee 25p. Will those wishing to take the test please contact E. Baines, 224 Mount Pleasant Road, London N17 (Tel: 01-808 9874).

Javelin Breakthrough

OVER 400 athletes competed at Stretford AC's winter track meeting at the club's Longford Park headquarters on February 1st. Despite the bitter cold there were several outstanding performances, and none was better than Pawlo Ostapowycz's breakthrough in the javelin. Pawlo twice broke the ground record and improved his personal best by no less than 20', thereby breaking the 75m barrier.

Sharon Colyear gave further evidence that she is back to fitness with a sparkling 300m in 38.3. Steve Marlow made a memorable debut for Stretford with a 600m win in a level paced 1:19.4. Possibly the best performance from the many visitors was by Ian Saunders of Sale, who chased Steve home in 1:20.6—in a tracksuit! Sheffield's Keith Newton scored an impressive victory in the BMC Invitation 1200m, beating club-mate Bill Domoney by over three seconds.

M.W.

100: 1, A. Bell (Wake) 11.1; 2, V. Martindale (Man Un) 11.2. **(B):** 1, K. Warburton (U/A) 11.2; 2, P. Harford (E Ches) 11.2. **300:** 1, N. Edge (Sale) 35.0; 2, C. Hamilton (Sale) 35.0; 3, J. Henson (Sheff) 35.4. **(B):** 1, M. Gaskell (Liv P) 36.0; 2, R. Bell (Wake) 36.3; 3, M. Massey (Warr) 36.5. **600:** 1, S. Marlow (Stret) 1:19.4; 2, I. Saunders (Sale) 1:20.6; 3, D. Price (Sale) 1:23.4; 4, M. McCausland (Pilk) 1:24.2. **(B):** 1, Edge 1:25.2; 2, Gaskell 1:25.7. **BMC Invitation 1200:** 1, K. Newton (Sheff) 3:04.4; 2, W. Domoney (Sheff) 3:07.5; 3, G. Nurse (Leic C) 3:07.6. **(B):** 1, J. Ashton (Leeds C) 3:08.0; 2, D. Wright (C&N) 3:08.3. **5000:** 1, N. Sloane (B&F) 14:27.8; 2, D. Hindley (W'loo) 14:45.8; 3, T. Blackwell (W&B) 14:53.6. **DT:** 1, B. Renshaw (Dby) 41.70/136'10"; 2, J. Potter (Wig) 37.04/121'6". **JT:** 1, P. Ostapowycz (Stret) 75.84/248'10"; 2, T. Aspy (Wig) 60.20/197'6". **(Youths) JT:** A. Baker (Liv H) 48.54/159'3".

Senior Women

100: 1, H. Porter (Wirr) 12.8; 2, M. Laing (Liv H) 12.8. **300:** 1, S. Colyear (Stret) 38.3; 2, C. Warden (Cty Hull) 39.0; 3, A. McClelland (Stret) 41.6. **(B):** C. Carlile (Stret) 42.2. **600:** 1, Warden 1:36.8; 2, A. Colley (Stret) 1:39.9. **1200:** 1, C. Haskett (Stret) 3:40.8; 2, L. Tivey (Dby) 3:42.2. **SP:** 1, V. Watson (Sale) 10.87/35'8"; 2, A. Jackson (Stret) 10.36/34'0". **DT:** Watson 41.68/136'9". **(Intermediates) 300:** 1, M. Laing (Liv H) 42.8; 2, L. Evans (Stret) 42.8. **JT:** D. Williams (Stret) 37.28/122'4". **(Juniors) 1200:** 1, L. Molyneux (Pilk) 3:46.0; 2, D. O'Brien (Stret) 3:56.5; 3, C. Riley (Stret) 3:57.2.

Barnsley Road Runners Club officers: President & chairman, R. Midwood; secretary, D. Bennett, 10 Edmund Street, Worsbro' Bridge, Barnsley, South Yorkshire S70 5AZ; treasurer, Mrs G. Kennedy; captain, J. Kennedy.

CHELTEMHAM & COUNTY H. OPEN CROSS-COUNTRY RACES

(Under AAA Laws & ECCU Rules)

SATURDAY, MARCH 6th, 1976

From Arle School, Cheltenham, at 2pm

SENIORS 5 MILES

YOUTHS, BOYS 3M, COLTS 2M

Prizes first 3 Ind, Winning Teams (4 to score) & 1st Vet. Also 2nd & 3rd Teams if good entry. Fees: 30p Seniors, 20p others, per ind. No team fees. Entries: S. Collins, 30 Hatherley Lane, Cheltenham, Glas. (0242-37309) by March 1st.

WOKING BOROUGH COUNCIL 10 MILE ROAD RACE

(Under A.A.A. Laws)

SATURDAY, 28th FEBRUARY, at 2.30pm

AT WOKING ATHLETIC GROUND,
BLACKMORE CRESCENT, SHEERWATER,
WOKING

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

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

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

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

CLOSING DATE 23rd FEBRUARY, 1976

CAMBERLEY & DISTRICT A.C. MEN'S ANNUAL TROPHY CROSS COUNTRY MEETING

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

SUNDAY, MARCH 7th, first race 1.30 p.m.

Collingwood School, Old Dean, Camberley

Colts	3,500 metres
Boys	4,100 metres
Youths	5,000 metres
Seniors	8,200 metres

Trophy and medals for first 3 Teams (4 to run, 3 to score). Medals for first 3 Individuals in each race.

Fees: 20p Seniors, 15p others. No team fee.

Entries: Dave Hall, 2 Lorraine Road, Camberley, Surrey.

ENTRIES CLOSE FEBRUARY 28th—SAE

CLASSIFIED ADVERTISEMENTS

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

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

ATHLETIC EVENTS

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

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

Sunday, March 21st, 1976

Sponsored by Camborne-Helston Sports

Start: 14.00 Helston Sports Shop

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

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

CROYDON HARRIERS PEDRO DOMEQ ROAD RELAY

8 x 2 Miles 11.35 a.m.

SUNDAY, MARCH 21st, 1976

Team award and fastest lap, plus special award to all relay runners.

Relay Fees: 'A' team £1.50; 'B' teams 75p. **ALSO**

Colts' Road Race 10.30 a.m., Junior Ladies' Road Race 11.00 a.m., Minor Girls' Road Race 11.15 a.m.

Road races: Team and Individual awards.

Fees: All teams 60p (4 run, 3 score). Ind. 20p.

All at CRYSTAL PALACE CENTRE.

All entries to John Hills, 34 Links View Road, Croydon CR0 8NA (01-777 6723).

AAA/WAAA Laws Entries by 15th March

VICTORIA PARK HARRIERS 'GOLDEN JUBILEE YEAR'

5 MILES SENIOR ROAD RACE

For the A. Abrahams Trophy

Sponsored by Thompsons Hardware Stores

Increased Prize Value: first Team (3 to score), first 10, first declared Vet.

&

BOYS 5 x 1½ MILE ROAD RELAY

(14 & 15 years on 1.4.76)

For the L. R. Williams Trophy

Medals: first 3 Teams, fastest lap.

ON SATURDAY, 3rd APRIL, 1976

AT VICTORIA PARK, EAST LONDON

Entries: Senior 25p (no Team fee), Boys 50p 'A' Team, 35p subsequent Teams.

To: Mr K. Lowe, 88 Lewis Building, Dalston Lane, London E.8.

CLOSING DATE 27th MARCH

(Under A.A.A. Laws)

R.R.C. (WALES) PRESENT THE ANNUAL PENCOED ROAD RACES

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

Easter Monday, 19th April, 1976

At Pencoed, near Bridgend

100 Yards: Boys, Girls, Women, Men. **1 Mile:** Boys and Women. **4 Miles:** Men. **Fees:** B & G 15p, M & W 25p to B. Baldwin, 9 Campbell Terrace, Mountain Ash, Glam. (Tel: 2365) by 12th April. The most substantial prize list yet.

NEWLAND PARK ROAD RELAY

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

For the Eric Shaw Memorial Trophy

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

ALSO YOUTHS STRAIGHT

2½ MILE RACE

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

MEDALS & PRIZES

SATURDAY, 28th FEBRUARY, 1976

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

KENDAL AMATEUR ATHLETIC CLUB presents 27th annual

WINDERMERE TO KENDAL

3½ MILE ROAD RACE

Sponsored by Provincial Insurance Co.

(Under A.A.A. Laws)

SATURDAY, MARCH 20th, 1976

Prizes: Individuals, Team and Vets.

Fee: 40p Individual, no Team fee.

SAE for further details to M. Nicholson, 38 Craig Walk, Bowness-on-Windermere, Cumbria LA23 2JT.

ENTRIES CLOSE MARCH 13th, 1976

No entries after this date

HAVERING ATHLETIC CLUB 6th Annual

WOMEN'S ROAD RELAYS

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

At Sanders Draper School, Suttons Lane, Hornchurch, Essex

SATURDAY, MARCH 20th, First Race

2 p.m.

Girls 3 x 2400 metres Relay

Juniors 3 x 2400 metres Relay

Inters 3 x 2400 metres Relay

Seniors 4000 metres Road Race

(Ind & Team, 3 to score).

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

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