

a **weekly**

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

thletics

NATIONAL INDOOR CHAMPIONSHIPS

All the results from Cosford

* Area Cross-Country
Championships

* Spotlight on
Neil Coupland



12p

FILBERT BAYI
heads for world
1500m record at
Christchurch ahead
of JOHN WALKER,
BEN JIPCHO &
ROD DIXON.

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George Woods Records Longest Ever Put

DOUBLE Olympic Silver medallist George Woods, slimmed down to 132kg/290lb and using a new style, is proving the sensation of the US indoor season. He raised his own world indoor best (amateur division) with the shot to 21.30/69'10½" at Portland on January 26th, improved to 21.45/70'4½" at San Francisco on February 1st—and then reached a stunning 22.01/72'2½" in the Los Angeles Times meet at Inglewood on February 8th. On all three occasions Al Feuerbach finished second: with 21.04/69'0½, 21.03/69'0" and 21.44/70'4½" respectively. Ron Semkiw (19) produced a world teenage best of 20.95/68'9" in the San Francisco competition.

Woods latest record is the longest put of all time, indoors or out, bettering Feuerbach's official world record of 21.82/71'7" set last year. He broke the indoor mark three times at Inglewood, successively putting 21.47/70'5½", 21.56/70'9" and 22.01/72'2½". He began using a new style, emphasising torque in the starting position, early in December. "Every meet I've done things a little differently because I keep experimenting under meet conditions", he says.

Rod Milburn closed his amateur career in style in New York on February 8th, setting a world best of 6.8 for 55m hurdles, an event which is practically identical to 60y hurdles. The Olympic champion later signed for the ITA professional group, as has Commonwealth 5000m and steeplechase champion Ben Jipcho.

World indoor bests by the girls include 2:07.3 for 880y by Mary Decker (15) at Inglewood and 4:33.7 for the mile by Francie Larrieu at Portland. Miruts Yifter (Ethiopia) set a world 5000m best of 13:34.2 at Louisville on February 9th ahead of Ireland's Neil Cusack (13:53.6) and Britain's Nick Rose (13:56.2). That's an amazing comeback by Nick who had to have 72 stitches on his back and arms after a car drove into a room he was sharing with Tony Staynings and Chris Ridler at a motel in Massachusetts on Christmas eve. Tony suffered two hairline fractures of the pelvis and many other injuries but is reported to be training again, while Chris apparently escaped with only minor lacerations. All three are students at Western Kentucky University.

WORCESTERSHIRE

BEACON RACE

(Under AAA Laws)

AT GREAT MALVERN

SATURDAY, MARCH 16th, at 3 p.m.

6½ Miles Road and Country over the Malvern Hills for the Charles E. Blewitt Team Trophy & Saturday Sports News Ind. Challenge Cup. **Prizes** first 3 Teams (4 run, 3 count) & first 5 Individuals. **Fees:** Ind. 20p, Teams 20p extra. **Entries** to R. Hinds Worcs. Nomads A.C., 3 Farley Street, St. Johns, Worcester.

CLOSING DATE MARCH 6th

Indoor Results

22.12. Chicago. Women's SP: Seidler 16.75/54'11½" (US rec). **5.1. Syracuse.** 2M: Buerkle 8:33.8. **11.1. College Park.** Women's 60y: Allwood (Jam) 6.6 (her 6.5 in November was ruled 'rolling start'). **12.1. West Point.** Women's 300y: Allwood (Jam) 35.6. **18.1. Pocatello.** SP: Feuerbach 20.79/68'2½". **19.1. Auburn.** 60y: Outlin 6.0. **19.1. Jackson.** 60yH: Smith (Bah) 6.9. **19.1. Los Angeles.** 2M: 4, Shorter 8:43.8; HJ: 2, Underwood 2.19/7'2½"; PV: Isaksson (Swe) 5.18/17'0"; LJ: Moore 7.94/26'0½"; SP: 3, Semkiw 20.50/67'3". **25.1. New York.** 880y: Wohlhuter 1:50.5, Winzenried 1:51.3; Mile: Waldrop 3:59.7, Hilton 4:00.7, Liquori 4:00.8, Dyce (Jam) 4:02.0; 2M: Yifter (Eth) 8:28.0 (4:08.2 last mile), McLaren (Can) 8:29.8, Hartnett (RoI) 8:32.4, Buerkle 8:32.4, Cusack (RoI) 8:35.4; 60yH: Shipp 6.9; HJ: Stones 2.18/7'2"; PV: Carrigan 5.18/17'0"; SP: Woods 21.02/68'11½", Feuerbach 20.86/68'5½", Stuart 20.08/65'10½"; women's 1000y: Decker 2:27.4. **26.1. Portland.** 500y: Bolding 56.5, Fiasconaro (Ita) 58.1; 2M: Prefontaine 8:22.2 (4:07.0 at 1M, 5:09.4 at 1½M) (US rec), Geis 8:40.2; HJ: Woods 2.19/7'2½" . . . 3, Stones 2.08/6'10"; SP: Woods 21.30/69'10½" (world best), Feuerbach 21.04/69'0½"; women's Mile: Larrieu 4:33.7 (world best). **26.1. Oklahoma City.** 60yH: Davenport 7.0, Stubbs 7.0; HJ: Guinn 2.18/7'2"; PV: Roberts 5.20/17'1"; SP: 2, Dolegiewicz (Can) 18.53/60'9½". **26.1. Bloomington.** 60y: McFarland 6.0; 1000y: Bach 2:07.6, Sparks 2:07.6; Mile: Wohlhuter 3:59.1. **26.1. Champaign.** LJ/TJ: Ehizuelen (Nig) 7.86/25'9½" & 16.45/53'11½". **26.1. Pocatello.** 100m/300m: S. Williams 10.7 (eq US rec)/34.1 (world best); 400m: Enyeart 47.1. **26.1. Fargo.** Mile: Slack 3:59.7. **26.1. Ypsilanti.** (unbanked 220y track) 300y: Dill 29.8. **26.1. Kansas City.** 60y: Black 6.0.

28.1. Philadelphia. 60y: Washington 6.0; 1000y: Dyce (Jam) 2:06.1, Winzenried 2:07.5; Mile: Waldrop 3:58.9, Liquori 3:58.9, Wottle 4:01.7, Hartnett (RoI) 4:02.0; 2M: Yifter (Eth) 8:31.6, Cusack (RoI) 8:36.8, Crawford 8:39.4, Leddy (RoI) 8:39.6; 60yH: Hill 7.0; HJ: White 2.18/7'2"; Lennox 2.18, Dunn 2.13/7'0", Stones 2.13; PV: Richards 5.18/17'0", Simpson (Can) 5.03/16'6". **1.2. San Francisco.** 600y: Fiasconaro (Ita) 1:10.4, Bolding 1:10.6; Mile: van Zijl (SA) 4:01.3.

continued on page 35

CITY OF PLYMOUTH A.C.

MAYFLOWER '10', SUNDAY, MARCH 17th

Mayflower Sports Centre, Plymouth, 3 p.m.

Awards: Team & Ind Trophies, 1st 3 Inds & Teams, 1st Vet, 1st U/20 (state age), 1st H'cap & Most Improved Runner. **Entries:** R. Essery, 27 Waverley Rd, St Budeaux, Plymouth, by March 4th. 15p Ind, 60p Teams. 6 run, 4 score.

Cover photo by Mark Shearman

ATHLETICS WEEKLY

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THE WEEK AHEAD

Saturday, February 23rd: International Indoor Meeting (UK v Spain—Men; UK v Netherlands—Women) at RAF Cosford; Women's National CC Championships at Leicester; Welsh Senior and Youths CC Champs at Newport; Northern Ireland CC Champs; Metropolitan CC League at Cranford; Mid-Lancs CC League at Blackburn; Chiltern League at Oxford; Civil Service CC Champs at Glasgow; Carnethy Hill Race at Penicuik; North London Relays and CC Races at Parliament Hill Fields; Grangemouth 'Round the Houses' Races; Woking CC Relays at Chobham; Southampton and Eastleigh CC Relay; Scottish YMCA CC Champs; South Western 10M Walk Champs at Salisbury; Michelin Schools' CC Races; Ulster Schools CC Champs; Warwickshire Boys CC Champs.

Sunday, February 24th: Radley Ladies Road Relay.

Tuesday, February 26th: Oxford Univ Tor-
toises Schools Road Relay.

Saturday, March 2nd: National Cross-Country Championships at Graves Park, Sheffield; English Schoolgirls CC Champs at Cheltenham; Welsh Schools CC Champs at Newton, Mon; Edinburgh Univ '10'; WAAA AGM at Basil Street Hotel, London SW3.

Sunday, March 3rd: Camberley CC Races; TAVR CC Champs at Shrewsbury.

Competition Result

There was a remarkably high standard achieved in the 'AW' Commonwealth Games forecast competition, with three contestants correctly selecting six winners from the eight events in question. All three picked Bayi (1500), Jipcho (5000), Chipchase (HT), Saunders (400), Rendina (800) and Reiser (1500), failing only in the 800 and 10,000. The result was thus decided by the accuracy of the 10,000 winning time forecast. Nearest to the actual time of 27:46.4 was Mr B. Letts, of Addiscombe, Surrey, with 27:51.6—a fraction ahead of Mr D. Watkins, of Sydenham, SE26 (27:52.0), with Mr N. Croston of Coventry (27:53.2) a close third. All three will be receiving a prize.

Look out in weeks to come for a photo-quiz competition, with a free trip to Rome for the European Championships as first prize!

"NATIONAL" TRAIN

Dep St Pancras 9.20. Arr Sheffield 12.29. Ret 17.50. Arr 20.53.

Southern CC Championships**Jon Wigley reporting**

RUNAWAY VICTORY FOR BRISCOE

PARLIAMENT Hill Fields returned to its former glory for the Southern Counties cross-country on February 9th. A heavy mornings down-pour, which left a carpet of water around the course, coupled with a strong southerly wind, ensured that we would not see a repeat of last year's fast times (accepted average seemed to be 2 minutes down). Frank Briscoe and Iain Ray scored runaway victories in the Senior and Youths races respectively, while the Junior race saw an exciting tussle between Neil Coupland and Steve Barr.

At Kenwood House (1¼M) on the first lap of the Senior Championship, Frank Briscoe was already dominating the proceedings with a 5y lead over Roger Brown, John Bednarski, Peter Standing, Hugh Starkey, John Brown and John Roberts. Approaching the 4M point and crossing the big ditch after the soggy rugby pitches, Briscoe was 50y clear and looking very comfortable with his rolling style and deceptively long stride. Roger Brown and Standing were running side by side and 20y back Roberts had moved up a place ahead of John Brown, Bednarski, Starkey and Barry Watson. Hugh Richards was providing a good foundation for Shaftesbury as too was Mick Fuller for Hercules Wimbledon; Reading, Blackheath and TVH all looked to have men well to the fore, so it was anybody's team race.

The same could not be said of the individual title as Briscoe extended his lead to 100y at 5M. Roger Brown and Standing were still together, but the former looked considerably stronger and more relaxed as Standing seemed to be having a rough time. Roberts was still plugging away in fourth position with Bednarski pressurising from behind just as he had in the South of the Thames two weeks earlier. Watson had caught Starkey and they were running together.

Into the final lap (7M) and Briscoe seemed happy to maintain his 100y lead. Roger Brown was now an isolated second as Standing had really started to slow up; but the man who was surprising everyone was John Roberts who was fighting to close the gap on a still strong looking Roger Brown. The task seemed impossible. Strung out behind came Bednarski, Watson, Starkey and Gerry Stevens (a nicely paced race), the tiring Standing, Richards, John Brown, John Jones, Graham Pringuer, Fuller, Bob Richardson, Terry Crabb, Bob Treadwell and Ian Wilson. At the end of the second lap the team race had been in Hercules Wimbledon's favour by 30 points, despite the absence of the Holts and Beevor, but it was close and TVH, Reading and Blackheath were moving men through well.

With a mile to go Roberts had reduced Roger Brown's advantage drastically and was getting popular vocal support as he closed in on his prey. Stevens had dropped Starkey who had been joined by club-mate Richards, and Jones and

Richardson had moved ahead of a mud spattered John Brown who had obviously fallen badly. Briscoe ran in a clear winner, his lead reduced by the last mile dash of Brown and Roberts, with the evergreen Roberts hurtling past his man on the 100m run-in to the finish. Hercules Wimbledon's lead was wiped out on the last lap as several scorers lost valuable places to TVH and Reading and they only just held off Blackheath for third position.

Briscoe, still tired from an ECCU run at Hannut on the previous Sunday, was happy to win comfortably over what he admitted was a tough course, and is hoping to make the first nine in the National. He still runs what, by today's standards is a very small mileage: an average of 70 miles a week. Living in the same street as runner-up John Roberts has proved fatal for Roberts' reputation at Lauriston Cottage where the boys tease him that he is the **second** fastest runner in Thornton Hill!

Steve Barr prepared himself for the Junior race with an admirable thoroughness, and was obviously very confident, claiming that Neil Coupland had an advantage over the mud at the Inter-Counties as he had not adjusted to the English terrain since returning from studies in the USA. Coupland, on the other hand, was not too happy after his disappointing run in the BUSF at Guildford the week previously, and was concerned as to the way that Neil Saunders may go.

At two miles after the dips and mud at the back of the course, Coupland, Barr and Dave Long were 40y clear and the team race looked to be a scrap between Southampton & Eastleigh and Shaftesbury. Approaching the ditch at 4 miles, Coupland burst decisively and dropped Barr immediately, gaining a 5y lead as they pulled out of the slope on the far side. Long was beginning to suffer, and Jerry Odlin was closing the gap. Coupland capitalised on his advantage over the tough mile section around Kenwood House and had 50y with a mile to go. Barr was picking up his tempo again and chasing hard, but short of a fall (one of Coupland's fears in major competition), the leader didn't look troubled and was beginning to spectate and entertain various friends around the course, as he had done in the Inter-Counties.

Sensibly laying off the initial pace paid for first year junior Odlin, as he picked off a tired Long, who had lost concentration. The final half mile on the flat saw Coupland and Barr thundering along, but the Thurrock boy couldn't close the gap, and Coupland took another big step towards retaining his national title. The Southampton and Eastleigh boys backed Coupland up well to take the team title.

An uphill slog into a head-on wind halfway around the first small lap (1 mile) of the Youths race was as much as it took for Iain Ray to show his power; never in any trouble, Ray just ran away from the rest of the field. At 2¼M Ray had

40y over Langdon, who in turn had the same margin over Holland, Green, Dawkins and Edwards. Ray opened the gap all the way to the finish line and looks a firm favourite for the National title at Sheffield. Southampton and Eastleigh added the Youths' team award to the Junior.

1, F. Briscoe (Hercules Wimbledon) 47:21
2, J. Roberts (South London) 47:50
3, R. Brown (Bournemouth) 47:51
4, J. Bednarski (Swin) 48:00; 5, G. Stevens (Read) 48:18; 6, B. Watson (Camb H) 48:21; 7, H. Starkey (Shaft) 48:24; 8, H. Richards (Shaft) 48:32; 9, J. Jones (WSE) 48:48; 10, R. Richardson (B'heath) 48:53; 11, J. Brown (Hill) 48:59; 12, R. Treadwell (Surr B) 49:04; 13, T. Crabb (W Gn) 49:06; 14, G. Pringuer (H&S) 49:13; 15, M. Fuller (HW) 49:14; 16, J. Cain (Port) 49:25; 17, J. Sheridan (TVH) 49:29; 18, I. Wilson (B'heath) 49:30; 19, T. Baker (Surr B) 49:32; 20, R. Piotrowski (Read) 49:36; 21, P. Standing (B&H) 49:41; 22, P. Fulcher (Chelm) 49:45; 23, J. Bleasdale (Hill) 49:50; 24, K. Hutchin (Met P) 49:54; 25, P. Flavel (Ox) 49:55; 26, D. Cox (W Gn) 49:59; 27, S. Badgery (HW) 50:02; 28, M. Puddifoot (TVH) 50:04; 29, D. Patterson (TVH) 50:10; 30, L. Coleman (Har) 50:13; 31, G. Grant (Camb H) 50:14; 32, H. Chadwick (TH&H) 50:14; 33, P. Rockwood (B&H) 50:20; 34, R. Steven (Shaft) 50:27; 35, M. Barratt (E&S) 50:33; 36, J. Awcock (HBS) 50:36; 37, P. Lindsell (Read) 50:41; 38, W. Upcott (SLH) 50:44; 39, H. Altmann (TH&H) 50:47; 40, P. Braithwaite (TH&H) 50:47; 41, M. Buckham (Hill) 50:50; 42, J. Wilkins (Camb H) 50:51; 43, J. Baldwin (B'heath) 50:53; 44, D. Yaffe (High) 50:55; 45, P. Bennett (B&H) 51:00; 46, M. Hyman (Port) 51:03; 47, S. Lippell (HW) 51:05; 48, M. Patterson 51:07; 49, B. Standen (TVH) 51:12; 50, D. Davies (TVH) 51:14;

51, K. Whyte (Read) 51:16; 52, P. O'Connor (Bel) 51:19; 53, G. Dugdale (TVH) 51:20; 54, G. Harrold (Enf) 51:22; 55, P. Hamilton (B'heath) 51:23; 56, J. Steed (Ver) 51:24; 57, D. Curwell (AFD) 51:25; 58, I. Burgess (S&E) 51:26; 59, M. Duff (Read) 51:29; 60, R. Corney (Swin) 51:30; 61, P. Horwood (B'heath) 51:31; 62, J. Rimmer (Bel) 51:31; 63, R. Ingleton (Port) 51:33; 64, D. Dipper (Read) 51:36; 65, J. Bryant (TH&H) 51:39; 66, L. O'Hara (Bel) 51:40; 67, A. Rich (Walth)

51:41; 68, G. Fulcher (Port) 51:43; 69, J. Clare (B'heath) 51:44; 70, G. Ogden (High) 51:46; 71, D. Beard (HW) 51:50; 72, T. Jones (TH&H) 51:51; 73, A. Wale (Port) 51:42; 74, S. Reide (Thurr) 51:54; 75, C. Ward (Thurr) 51:56; 76, S. Downie (H&S) 51:57; 77, R. Gevers (SLH) 51:59; 78, P. Chivers (E&S) 52:02; 79, M. Reader (Med) 52:04; 80, M. Long (SLH) 52:05; 81, G. Biscoe (Read) 52:06; 82, C. Kazik (Swin) 52:07; 83, R. Graham (WSE) 52:09; 84, P. Witcomb (B&H) 52:11; 85, C. Haines (B'heath) 52:13; 86, D. Thomas (H&S) 52:14; 87, A. Ashton (Read) 52:16; 88, E. Hims-worth (HW) 52:18; 89, G. Taylor (Camb H) 52:23; 90, J. Watts (AFD) 52:24; 91, L. Mann (Bel) 52:25; 92, D. Roberts (Enf) 52:28; 93, T. Salway (Chelm) 52:31; 94, J. Abberton (Poly) 52:32; 95, N. Pritchard (Ox) 52:34; 96, J. Strain (RNAC) 52:35; 97, D. Townsend (Inv) 52:37; 98, A. Trowell (HW) 52:38; 99, C. Cloke (Enf) 52:39; 100, R. Howe (Walth) 52:41;

101, D. Peggs (Enf) 52:42; 102, E. Price (B&H) 52:43; 103, P. Gallagher (Craw) 52:44; 104, J. Dryden (Shaft) 52:48; 105, N. Fairbrass (Kt) 52:49; 106, A. Cass (Port) 52:50; 107, P. Norrell (H&S) 52:52; 108, C. Beauvais (Walt) 52:59; 109, I. Beauchamp (HBS) 53:01; 110, P. Bryan (Hav) 53:04; 111, M. Kortenray (Ran) 53:06; 112, T. Phipps (Ver) 53:07; 113, H. Artiss (Ver) 53:08; 114, K. Riley (Surr B) 53:08; 115, A. Bird (New) 53:11; 116, J. Heath (V of A) 53:12; 117, G. Goodman (TVH) 53:13; 118, R. Allden (Read) 53:13; 119, N. King (Lon I) 53:14; 120, B. Copps (Felt) 53:14; 121, A. Harmer (Port) 53:17; 122, M. Batstone (HBS) 53:17; 123, C. Reed (W Gn) 53:21; 124, J. Mankelov (Camb H) 53:24; 125, D. Gooding (High) 53:25; 126, N. Pittams (Maid) 53:25; 127, F. Stebbings (Croy) 53:32; 128, G. Bradbury (HW) 53:33; 129, A. Ross (Ver) 53:34; 130, J. Forrest (Ran) 53:36; 131, W. Whiting (Brack) 53:37; 132, R. Hawtin (B'heath) 53:39; 133, D. Amey (Sal) 53:40; 134, A. Lovett (Ilf) 53:41; 135, M. Wands (Hill) 53:41; 136, M. Emms (W Gn) 53:42; 137, J. Brandon (TVH) 53:43; 138, J. Stow (Bel) 53:43; 139, C. Case (E&S) 53:44; 140, J. Harvey (Ran) 53:45; 141, C. Whitty (AFD) 53:49; 142, P. Thomas (Hill) 53:50; 143, R. Jeans (Sal) 53:51; 144, R. Taylor (N Lon) 53:51; 145, P. Yarlett (Croy) 53:53; 146, A. Matson (Wyc P)

VICTORIA PARK HARRIERS 5 x 1½ MILE BOYS RELAY

(O/14, U/16 on 1.4.74)

for the L. R. Williams Trophy
and

5 MILES SENIOR TEAM AND INDIVIDUAL ROAD RACE

for the A. Abrahams Trophy

ON SATURDAY, APRIL 6th, 1974

AT VICTORIA PARK, EAST LONDON

Entry Fees: Boys 50p, 25p subsequent teams.
Awards first 3 teams and fastest lap; Senior
20p per ind. (no team fee). Prizes 1st team (3
to score), first Individual, first Vet.

Entries to Mr K. Lowe, 47 Regent's Court,
Pownall Road, London, E.5. Under AAA Laws.

CLOSING DATE MARCH 27th

WATFORD HARRIERS

Fourth Annual Road Race

WATFORD '6'

(Under A.A.A. Laws)

SATURDAY, MARCH 30th, at 3 p.m.

FROM WATFORD COLLEGE OF
TECHNOLOGY

Hampstead Road, Watford

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

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

53:57; 147, J. Peel (HBS) 54:00; 148, J. Sullivan (HW) 54:01; 149, P. Corney (Port) 54:02; 150, J. Fletcher (AFD) 54:04. 510 finished.

Teams:	Pts
1, Thames Valley	(17,28,29,49,50,53) 226
2, Reading	(5,20,37,51,59,64) 236
3, Hercules Wimbledon ..	(1,15,27,47,71,88) 249
4, Blackheath	(10,18,43,55,61,69) 256
5, Brighton & Hove ...	(21,33,45,48,84,102) 333
6, Portsmouth	(16,46,63,68,73,106) 372
7, Thames H&H 401; 8, SLH 468; 9, Woodford Green 508; 10, Shaftesbury 562; 11, Hillingdon 563; 12, Belgrave 564; 13, Cambridge H 619; 14, Swindon 746; 15, Ealing & S 795; 16, Enfield 801; 17, Aldershot, F&D 844; 18, Southgate & H 861; 19, Verlea 879; 20, Horsham BS 889; 21, Highgate 906; 22, Ranelagh 985; 23, Croydon 1073; 24, London Irish 1131; 25, Chelmsford 1143; 26, Walton 1340; 27, Vale of Aylesbury 1353; 28, Polytechnic 1438; 29, Invicta 1458; 30, Met Police 1479; 31, North London 1502; 32, Ilford 1510; 33, HHH 1554; 34, Southampton & E 1649; 35, Crawley 1687; 36, Orion 1789; 37, Bracknell 1801; 38, Epsom & E 1810; 39, Salisbury 1851; 40, Windsor S&E 1947; 41, LSE 2118; 42, Barnet 2219; 43, QPH 2590; 44, Walthamstow 2620.	

Juniors

1, N. Coupland (Southampton & E'leigh)	31:58
2, S. Barr (Thurrock)	32:03
3, J. Odlin (North London)	32:22
4, D. Long (B'mouth) 32:40; 5, A. Barnett (And) 32:43; 6, N. Saunders (H&S) 32:55; 7, M. Malone (Sal) 33:10; 8, R. Coles (B'heath) 33:26; 9, D. Wright (Hill) 33:55; 10, I. Beauchamp (HBS) 34:04; 11, D. Found (WSE) 34:16; 12, M. Gratton (Folk) 34:17; 13, S. Knowles (B'heath) 34:21; 14, C. Brown (Camb H) 34:23; 15, S. Waite (S&E) 34:25; 16, S. Newton (HW) 34:27; 17, M. Ridout (Ox) 34:52; 18, G. Sillitoe (Shaft) 34:59; 19, J. Kerley (Sal) 35:01; 20, — 35:04; 21, M. Foster (Shaft) 35:12; 22, J. Barnes (Camb H) 35:13; 23, G. Arnell (Shaft) 35:14; 24, P. Purdue (WSE) 35:23; 25, D. Wolfe (Hill) 35:25; 26, D. Milner (H&S) 35:32; 27, P. Smith (Har) 35:34; 28, R. Charleston (Chelm) 35:35; 29, A. Pateman (Craw) 35:37; 30, G. Snelgrove (S&E) 35:42; 31, D. Rafferty (Har) 36:00; 32, V. Voller (Shaft) 36:05; 33, R. Leem-Bruggen (W Gn) 36:10; 34, M. Kettlewell (Hill) 36:14; 35, G. Richardson (AFD) 36:16; 36, J. Rye (TH&H) 36:26; 37, B. Attwell (ESH) 36:33; 38, K. Penner (Har) 36:34; 39, M. Allen (Craw) 36:36; 40, S. Mummery (Inv) 36:46; 41, K. Bailey (TVH) 36:49; 42, R. Tarrent (RNAC) 36:55; 43, F. Pidgeon (S&E) 36:57; 44, R. O'Hara (Camb H) 36:59; 45, R. Scotto (Had) 37:05; 46, M. Butler (TH&H) 37:14; 47, I. Clarke (TVH) 37:18; 48, T. Maryon (TVH) 37:18; 49, L. Dunbar (Hf) 37:23; 50, M. Nodin (N Lon) 37:41. 86 finished.	

Teams:	Pts
1, Southampton & Eastleigh .. (1,15,30,43)	89
2, Shaftesbury	(18,21,23,32) 94
3, Windsor, Slough & Etón ... (11,24,57,58)	150
4, Blackheath 156; 5, Haringey & Southgate 161; 6, TVH 196; 7, Woodford Green 204; 8, Imperial Coll 322.	

Youths

1, I. Ray (Salisbury)	23:19
2, A. Langdon (West Cornwall)	23:30
3, K. Dumbleton (Verlea)	23:47
4, P. Holland (N Lon) 23:54; 5, M. Brewer (Chelm) 24:03; 6, M. English (N Lon) 24:04; 7, G. Barr (Thurr) 24:08; 8, B. Dawkins (S&E) 24:09; 9, H. Edwards (B'heath) 24:12; 10, S. Lowe (Wat) 24:13; 11, G. Rowsell (S&E) 24:21; 12, D. Filtress (ESH) 24:25; 13, R. Pepper (Shaft) 24:35; 14, O. Arif (High) 24:39; 15, T. Meredith (W Corn) 24:46; 16, A. Hind (Port) 24:46; 17, G. Reid (Read) 24:52; 18, A. Kirby (Brack) 24:57; 19, P. Williams (Camb H) 24:58; 20, B. Payne (HHH) 25:04; 21, D. Roberts (Camb H) 25:05; 22, G. Head (Hill) 25:05; 23, G. Clark (S&E) 25:05; 24, R. Jones (Ran) 25:06; 25, N. Carter (Felt) 25:10; 26, S. Barnshaw (AFD) 25:12; 27, P. Lee (Inv) 25:16; 28, G. Goldring (Walth) 25:17; 29, L. Williams (S&E) 25:18; 30, B. Walters (TVH) 25:20; 31, I. Logan (AFD) 25:27; 32, D. Brown (Inv) 25:35; 33, G. Coe (Inv) 25:37; 34, L. Morton (H&S) 25:38; 35, C. Marshall (B'heath) 25:39; 36, N. Skipper (Port) 25:40; 37, S. Allen (Med) 25:41; 38, J. Rooks (Camb H) 25:48; 39, M. Furlonger (Port) 25:49; 40, P. Jerrum (Kt) 25:50; 41, G. Nelson (SLH) 25:51; 42, S. Pascoe (W Corn) 25:55; 43, I. Smith (N Lon) 25:57; 44, A. Caplin (N Lon) 26:10; 45, B. Kitcher (S&E) 26:13; 46, G. Ash (H&S) 26:15; 47, P. Rezin (AFD) 26:20; 48, C. Hewins (H&S) 26:21; 49, M. Phillipson (Enf) 26:23; 50, M. Harmer (Port) 26:24; 51, G. Risley (Camb H) 26:26; 52, P. Brown (Mit) 26:31; 53, A. McEvoy (Lon I) 26:35; 54, T. Slater (W Corn) 26:37; 55, G. Cheasman (H&S) 26:38; 56, M. Manning (Bel) 26:40; 57, D. Bright (Poly) 26:42; 58, J. Taylor (Port) 26:45; 59, M. Wilson (TVH) 26:48; 60, A. Field (Craw) 26:50; 61, N. Sydee (Shaft) 26:55; 62, R. Mallows (Wat) 27:06; 63, S. Hayward (W Gn) 27:10; 64, J. Corbett (Lon I) 27:10; 65, J. Hood (AFD) 27:15; 66, P. Davies (Shaft) 27:30; 67, T. Lewis (G&G) 27:22; 68, M. Fenn (SLH) 27:26; 69, K. Chimes (Felt) 27:28; 70, G. Dwelly (Brack) 27:29; 71, D. Craggs (Wat) 27:31; 72, P. Lloyd (Croy) 27:33; 73, J. Fround (Read) 27:39; 74, P. Jobling (Shaft) 27:42; 75, T. Woods (Ran) 27:45. 128 finished.	

Teams:	Pts
1, Southampton & Eastleigh ... (8,11,23,29)	71
2, North London	(4, 6,43,44) 97
3, West Cornwall	(2,15,42,54) 113
4, Cambridge H 129; 5, Portsmouth 141; 6, Aldershot, Farnham & Dist 169; 7, Haringey & Southgate 183; 8, Shaftesbury 214; 9, Kent 251; 10, Reading 289; 11, East Surrey 291; 12, Bracknell 336; 13, Medway 341; 14, Belgrave 368.	

GETTING THE FACTS RIGHT

We are given to understand that the answers to the questions 4, 5 and 6 in the advertisement on page 22 of our February 9th issue are:

4. No. 5. No. No banquet cost the WAAA £1000. 6. No. There was no boat trip down the Thames for athletes and coaches.

"Accolade has helped my athletes improve recovery rate and maintain performance"

Ron Murray—Professional Athletics & Olympic High Jump Coach



The more a sportsman puts into his game, the more he perspires, and therefore the more mineral salts he loses. Together with the energy he burns, this loss of 'electrolytes' inevitably affects his sporting performance.

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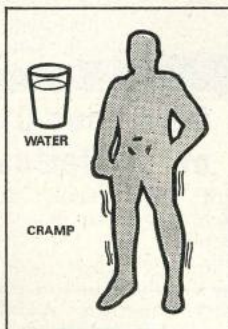
Many leading professional players and coaches believe that Accolade is vital to their match and training routines. Ron Murray says "The replacement of mineral salts lost in sweat, rather than just thirst-quenching, is most important to competitive performance".

Accolade is a scientifically balanced formulation of mineral salts and glucose which can improve sporting performance.

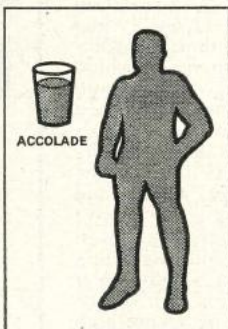
Take it, mixed with chilled water, before, during and after training and actual performance. Accolade contains no artificial stimulants, so drink as much as thirst dictates. Available in 60p jars through branches of Boots and leading sports shops.



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National Indoor Championships**At RAF Cosford, February 8th/9th**

Judy Vernon Hurdles to Record Time

THREE newly crowned Commonwealth champions added to their 1974 harvest by reaping national indoor titles at RAF Cosford on February 9th. Mike Bull vaulted 5.00/16'4½" prior to attempting unsuccessfully a UK indoor best of 5.10/16'8½", a lighter than usual Geoff Capes four times sent the shot beyond his 20-metre 'norm', and Judy Vernon took a fifth of a second off the UK indoor 60m hurdles best first established by Mary Peters in 1970 with 8.3 runs in heat and final.

The championships, sponsored by Philips Electrical Ltd., suffered from being held just a few days after the UK athletes' return from New Zealand. Only 15 of the Christchurch squad actually competed although 42 of them were entered. Winning marks were down from last year in 11 of the 20 events, with another two the same.

Geoff Capes and Judy Vernon were clearly the two top athletes of the meet. Capes did not expect to be near his best but a seemingly casual toss of 20.15/66'1½" in the first round was reassuring and he proceeded to launch the shot 20.28/66'6½", 20.22/66'4½", 19.93/65'4½", foul and 20.13/66'0½" for one of his finest series indoors. To put it into perspective, though, one must mention that the previous night, in Los Angeles, George Woods had broken all records—outdoors as well as indoors—with a stunning effort of 22.01/72'2½"! Mike Winch, who is seriously considering emigrating to New Zealand, had three puts over 19m without ever seriously threatening Capes; John Alderson raised his personal best to 17.64/57'10½" (four others over 17m); Pete Tancred also reached farther than ever before with 17.24/56'6½"; and vet Sid Clark maintained his 16m-plus standard.

There were some good performances behind Judy Vernon also. While the Commonwealth champion was winning in 8.3 (the world best stands at 7.9) Blondelle Thompson was running the race of her life to take second in 8.4 despite a foot injury. Ann Wilson and Lynne Ilott tied the old UK best of 8.5. With Mary Peters retired, and Judy Vernon announcing that she is going to give up at the end of the summer, Britain is badly in need of top new talent in this event and Blondelle's breakthrough is most encouraging. Judy later finished a close second to Sonia Lannaman on the flat, while Ann Wilson went on to win a tense high jump duel against Carol Mathers.

Another busy athlete was Sharon Colyear, who ran a total of six races. After placing third in the 60m she ran no faster than necessary to win the 400m title in a match race against Linda Taylor. The other two finalists, Christine Warden and Paula Lloyd, had to withdraw, and Sharon—learning from her pacing error last time out at Cosford—waited until the final straight to make her effort. By way of contrast, Rosemary Wright and Norine Braithwaite utterly dominated their races from the front. Rosemary quickly re-estab-

lished herself after her Christchurch disappointment with a snappy, no nonsense 800m success in 2:07.2 made up of 200m splits of 29.5, 31.2, 32.5 and 34.0. Norine was also heading for a fast time in the 1500m after leading through 400m in 65.6, 800m in 2:14.5 and 1000m in 2:51.6 (nine seconds up) but she looked increasingly distressed over the last two laps and she finished walking across the line after taking 83.8 for the final 400m. She was in a state of collapse and it took her a long time afterwards to recover. Norine, who ran in Christchurch with a temperature of 104 (she had to drop out of the 1500m final), was unwise to race at Cosford—an infected tooth had caused a sore throat and poisoned the system—but she is



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ATHLETICS WEEKLY

344 High Street, Rochester, Kent

Judy Vernon, here seen with Mary Peters in the match against Sweden, reduced her best 60m hurdles time from 8.5 to 8.3 at the National Indoor Championships.



Peter Tempest

otherwise so fit at the moment that she felt it would be a pity not to capitalise on all her hard training. It was certainly a very brave effort on her part to have finished the race.

Past and present students of Birmingham University made a powerful impact on the men's track events. Jim Aukett added to his long list of superbly judged victories on this track when he cruised past Irishman Fanahan McSweeney with some 80m to go of the 400, clocking 47.9 after a first lap of 23.1; Ray Smedley, leading from 1400m onwards, put together kilometres of 2:40.8, 2:38.8 and 2:40.4 for a 3000m time of 8:00.0; and Ian Gilmour clocked his fastest 2000m steeplechase time of 5:34.6 for victory as four-time champion Ron McAndrew faded to fourth.

Other good performances at the meet included Don Halliday's 60m win in 6.7, equalling the

fastest ever in Britain, and UK indoor season's bests by Phil Scott and Peter Blackburn in the jumps and by Charles Kirkpatrick in the hurdles.

Mel Watman

RESULTS

60 METRES

Heats (Friday; 1st 2 to semis)—Ht 1: 1, D. Halliday (RAF) 6.9; 2, T. Bonsor (Cov) 7.1; 3, A. Hadley (Bir) 7.2; 4, C. Hughes (Lake) 7.2. **Ht 2:** 1, G. Edwards (Newp) 6.9; 2, M. Kirkman (Bolt) 7.1; 3, P. Blackburn (Sheff) 7.2. **Ht 3:** 1, R. Kennedy (W&B) 7.1; 2, S. Brodie (Edin) 7.1; 3, J. Crawford (Shorts) 7.2. **Ht 4:** 1, G. Vince (RAF) 6.9; 2, D. Chapman (York U) 7.2; 3, S. Cook (Notts U) 7.2; 4, D. McBride (Shorts) 7.3; 5, B. Kemp (Liv) 7.3. **Ht 5:** 1, R. Turkington (Bang) 6.8; 2, A. McKenzie (SAAA) 7.0; 3, C. Coackley (Rol) 7.2. **Ht 6:** 1, K. Davies (Bang) 7.0; 2, G. Curtis (P'boro) 7.3. **Ht 7:** 1, B. Kelly (Bury) 7.1; 2, A. Hislop (Edin) 7.1; 3, I. Hamilton (BRC) 7.2. **Ht 8:** 1, D. Roberts (Card) 7.0; 2, R. Kislingbury (Hill) 7.0; 3, S. Millington (Bir) 7.2. **Ht 9:** 1, A. Cornaby (Read U) 7.1; 2, P. Evans (Card) 7.1; 3, B. Parsons (Lough C) 7.1.

Semis (Friday; 1st 2 to final)—Ht 1: 1, Halliday 6.8; 2, Roberts 6.9; 3, Kelly 6.9; 4, Evans 6.9; 5, Kirkman 7.0; 6, Curtis 7.1. **Ht 2:** 1, Edwards 6.8; 2, Turkington 7.0; 3, Bonsor 7.0; 4, Davies 7.0; 5, A. Hislop 7.1; 6, McKenzie 7.1. **Ht 3:** 1, Vince 6.9; 2, Cornaby 7.0; 3, Kislingbury 7.0; 4, Chapman 7.1; 5, Brodie 7.1; 6, Kennedy 7.1.

Final: 1, HALLIDAY 6.7 (eq UK all-comers best); 2, EDWARDS 6.8; 3, VINCE 6.9; 4, Roberts 6.9; 5, Turkington 7.0; 6, Cornaby 7.1.

400 METRES

Heats (Friday; winner and 4 fastest losers to semis)—Ht 1: 1, J. Aukett (W&B) 49.3; 2, P. Keeling (Newp) 52.0; 3, S. Bailey (Bir) 52.5; 4, M. Ollier (Sale) 53.0. **Ht 2:** 1, F. McSweeney

HASTINGS ATHLETIC CLUB

HASTINGS '6'

(Under A.A.A. Laws)

SATURDAY, MARCH 30th, at 2.30 p.m.

Team trophies & medals, 1st Vet, Seniors 50p team, 20p Ind., Y/Boys 30p team, 10p Ind., Colts 30p team, 5p Ind. to B. Griffin, 22 Githa Road, Hastings, by March 23rd.

PRESTON HARRIERS AND A.C.

FORTHCOMING PROMOTIONS

March 16th—Ladies' Road Relay, all grps.

March 23rd—R. W. Roberts Mem. Trophy.

CC Race (7 Miles) and 3 x 2 Miles Boys/Youths CC Relay.

Details available from R. Curwen, 59 Broadwood Avenue, Fulwood, Preston, Lancs.

Advance Notice

Parks Trophy Meeting, August 24th

(RoI) 51.2; 2, M. Whittingham (Leic) 51.5; 3, D. Caro (Bir) 52.4. **Ht 3:** 1, I. Saunders (Sale) 50.6; 2, K. Crew (Enf) 51.1; 3, A. Lewis (H'gate) 52.6. **Ht 4:** 1, J. Caines (Bir) 51.4; 2, S. Brame (Lake) 52.3; 3, M. Lynch (RAF) 52.6. **Ht 5:** 1, M. Hatch (Als) 52.0; 2, S. Hall (AAC) 52.9. **Disq:** C. Hughes (Lake) 51.7. **Ht 6:** 1, A. Davis (Hill) 51.6; 2, M. Jackson (S'ton) 52.1. **Ht 7:** 1, P. Cornes (Warr) 52.3; 2, P. Crawshaw (Ach) 52.5. **Ht 8:** 1, J. McMillan (Shorts) 51.5; 2, C. Moven (W&B) 52.4; 3, J. Dixon (Bris-Vet) 53.0.

Semis (Friday: winner and fastest loser to final)
—**Ht 1:** 1, Aukett 48.2; 2, McMillan 50.1; 3, Davis 52.4; 4, Keeling 53.8. **Ht 2:** 1, McSweeney 50.7; 2, Crew 51.1; 3, Cornes 51.5; 4, Hatch 53.6. **Ht 3:** 1, Saunders 49.9; 2, Caines 50.4; 3, Whittingham 51.5; 4, Jackson 51.7.

Final: 1, AUKEETT 47.9; 2, MCSWEENEY (RoI) 48.3; 3, SAUNDERS 49.0; 4, McMillan 49.5.

800 METRES

Heats (Friday; 1st 2 and fastest loser to final)
—**1:** 1, J. Glover (Annadale) 1:55.1; 2, A. Dyke (Swan) 1:55.1; 3, G. Whittleston (Hull Sp) 1:55.6; 4, J. Aldridge (Enf) 1:55.6; 5, J. Barrow (TVH) 1:56.8; 6, R. Yarrow (Card) 1:59.8. **Ht 2:** 1, T. Whitbread (Warley) 1:54.4; 2, D. Guest (W&B) 1:54.8; 3, T. Edwards (Bir) 1:55.8; 4, A. Barrington (Stoke) 1:56.5; 5, A. Gibson (Hill) 1:56.5; 6, R. Norwood (RoI) 1:59.5. **Ht 3:** 1, R. Weatherburn (ESH) 1:54.4; 2, S. Trew (Enf) 1:55.5; 3, J. Dunsch (Ach) 1:57.4; 4, D. Eades (W&B) 1:58.2; 5, D. Smith (Annadale) 1:59.6.

Final: 1, WEATHERBURN 1:52.8; 2, TREW 1:53.6; 3, WHITBREAD 1:54.9; 4, Glover 1:55.2; 5, Dyke 1:56.6; 6, Guest 1:57.9; 7, Whittleston 2:01.3.

1500 METRES

Heats (Friday; 1st 4 to final)—Ht 1: 1, J. Carroll (Pilk) 4:29.8; 2, M. Fromant (Mit) 4:30.2; 3, W. Wilkinson (Rown) 4:30.3; 4, M. Knapp (LSE) 4:38.9. **Ht 2:** 1, J. Bett (Notts) 3:55.4; 2, C. Thomas (TVH) 3:55.8; 3, S. Mitchell (Notts) 3:56.2; 4, P. Shaw (Man'r) 3:56.7; 5, S. Easton (Shett) 3:58.2; 6, J. Willshire (H'gate) 3:58.8; 7, R. Wyatt (Read) 4:05.6; 8, A. Gibson (Hill) 4:11.4.

Final: 1, THOMAS 3:53.4; 2, WILKINSON 3:53.9; 3, FROMANT 3:54.0; 4, Carroll 3:54.0; 5, Shaw 3:56.4; 6, Mitchell 3:56.8; 7, Bett 3:58.8; 8, Knapp 3:59.6.

3000 METRES

1, R. SMEDLEY (Bir) 8:00.0; 2, D. FOWLES (Card) 8:03.6; 3, R. McDONALD (Monk) 8:12.6; 4, D. Nicholl (Leeds C) 8:15.2; 5, R. Milne (Notts) 8:18.0; 6, S. Lawrence (Pilk) 8:21.8; 7, S. Slocombe (Card) 8:22.4; 8, J. Cadman (Cov) 8:25.2.

2000 METRES STEEPLECHASE

Heats (Friday; 1st 3 and fastest loser to final)—Ht 1: 1, R. McAndrew (Card) 5:47.6; 2, P. Griffiths (Hill) 5:47.8; 3, M. Dixon (Ver) 5:50.0; 4, P. Moon (Hull Sp) 5:51.8; 5, E. Dunkin (Linc) 6:00.8. **Ht 2:** 1, A. Murray (RoI) 5:51.8; 2, I. Gilmour (B'ham U) 5:53.0; 3, R. Harris (Stoke) 5:53.0; 4, R. Elliott (Stoke) 5:56.0; 5, R. Fox

(Croy) 6:00.8; 6, D. Frith (RAF) 6:03.8.

Final: 1, GILMOUR 5:34.6; 2, GRIFFITHS 5:35.4; 3, HARRIS 5:40.0; 4, McAndrew 5:48.4; 5, Dixon 5:52.4; 6, Murray (RoI) 5:53.2; 7, Moon 5:58.4.

60 METRES HURDLES

Heats (1st 2 to final)—Ht 1: 1, C. Kirkpatrick (B'mena) 8.0; 2, M. Jackson (Wyc) 8.5; 3, D. Ferne (Notts) 8.8; 4, M. Gill (Als) 8.8; 5, J. Clatworthy (Derby) 9.0; 6, C. Webb (Brom) 9.1. **Ht 2:** 1, R. Palmer (Read) 8.2; 2, G. Gower (B'ht) 8.2; 3, N. Gerrard (Met P) 8.8; 4, N. Ayres (Enf) 8.9; 5, C. Bowman (Notts U) 9.2. **Ht 3:** 1, P. Kelly (Made) 8.3; 2, A. McKenzie (SAAA) 8.3; 3, A. Davies (Cov) 8.5; 4, C. Mainwaring (Leic) 8.9.

Final: 1, KIRKPATRICK 8.0; 2, GOWER 8.1; 3, KELLY 8.2; 4, Palmer 8.4; 5, Jackson 8.7; McKenzie scr.

HIGH JUMP

1, J. FANNING (RoI) 2.01/6'7"; 2, M. BUTTERFIELD (RAF) 1.95/6'4"; 3, A. HEPBURN (RAF) 1.92/6'3"; 4, C. Boreham (B'mth) 1.88/6'2"; 5 eq, M. Shorten (Lough), L. Spencer (Sheff) and C. Wilson (Notts) 1.88; 8 eq, K. McGuire (SAAA) and A. McKenzie (SAAA) 1.88.

POLE VAULT

1, M. BULL (N Ire) 5.00/16'4"; 2, A. WILIAMS (Camb H) 4.60/15'1"; 3, D. LEASE (Card) 4.60; 4, S. Chappell (TVH) 4.40/14'5"; 5, K. Stock (Croy) 4.20/13'9"; 6, T. Gardner (Hill) 4.20; 7, S. Clark (Croy) 4.20.

LONG JUMP

1, P. SCOTT (Bris) 7.33/24'0"; 2, P. Templeton (Bris) 7.10/23'3"; 3, S. WRIGHT (Liv) 7.04/23'1"; 4, P. Turkington (Bang) 6.88/22'7"; 5, T. Collins (Essex B) 6.79/22'3"; 6, S. White (Bel) 6.74/22'1"; 7, I. Anderson (Aston U) 6.73/22'1"; 8, C. Wright (Stoke) 6.73.

TRIPLE JUMP

1, P. BLACKBURN (Sheff U) 15.54/51'0"; 2, M. LARDI (Folk/Swi) 15.51/50'10"; 3, D. JOHNSON (Sheff) 15.06/49'5"; 4, S. Power (Burt) 14.89/48'10"; 5, W. Nowak (Lut) 14.77/48'5"; 6, P. Clarke (Ver) 14.44/47'4"; 7, J. Vernon (Sutton) 14.34/47'0"; 8, A. Moore (Bir) 14.32/46'11"; 9, F. Attoh (Shaft) 14.12/46'4"; 10, B. Camp (Liv) 13.87/45'6".

THE JUNIOR A.A.A. CLUB

are giving a

FILM SHOW

ON SATURDAY, MARCH 2nd, 1974

at The Wimbledon Community Centre,

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(2 minutes from Station)

We will be featuring current champions in action and narration will be by National Coach, John Le Masurier.

Tickets, price 25p, are available from The Hon. Sec., 60 Tramere Road, Earlsfield SW18 3QJ.

SHOT

1, G. CAPES (Enf) 20.28/66'6½"; 2, M. WINCH (B'ton) 19.14/62'9½"; 3, J. ALDERSON (M'bro) 17.64/57'10½"; 4, P. Tancred (BRC) 17.24/56'6½"; 5, S. Clark (W Green-Vet) 16.10/52'10"; 6, J. Watts (W&B) 15.34/50'4"; 7, R. Dale (Stoke) 14.79/48'6½"; 8, G. Hunt (Hill) 12.78/41'11½".

JUNIOR MEDLEY RELAY (2000m)

1, Wolverhampton & B 4:38.4; 2, Bournemouth 4:39.6; 3, Croydon 4:45.6; 4, Burton 4:47.2; 5, Cardiff 4:57.6.

WOMEN**60 METRES**

Heats (1st 4 to semis)—Ht 1: 1, S. Lannaman (Soli) 7.6; 2, J. Wall (G'mth) 7.9; 3, L. Dando (Card) 8.1; 4, N. Klarkowski (Wig) 8.2; 5, J. Roberts (Med) 8.3. **Ht 2:** 1, G. Spurgin (W&B) 7.9; 2, S. Colyear (Stret) 7.9; 3, C. Young (Warr) 8.1; 4, A. Halliday (LOAC) 8.1; 5, P. Lloyd (B'ham U) 8.30. **Ht 3:** 1, J. Vernon (Mit) 7.6; 2, S. Pengilley (Card) 7.8; 3, L. Drysdale (Soli) 7.9; 4, J. Steel (Furness) 8.2; 5, H. Lees (ESH) 8.3.

Semis (1st 3 to final)—Ht 1: 1, Vernon 7.5; 2, Colyear 7.6; 3, Drysdale 7.9; 4, Wall 7.9; 5, Halliday 8.0; 6, Dando 8.0. **Ht 2:** 1, Lannaman 7.6; 2, Pengilley 7.7; 3, Spurgin 7.8; 4, Young 8.0; 5, Klarkowski 8.1; 6, Steel 8.2.

Final: 1, LANNAMAN 7.5; 2, VERNON 7.5; 3, COLYEAR 7.6; 4, Pengilley 7.7; 5, Spurgin 7.7; 6, Drysdale 7.8.

400 METRES

Heats (Friday; 1st 2 to semis)—Ht 1: 1, C. Warden (C of Hull) 57.8; 2, D. Peake (Derby) 58.8; 3, L. Dando (Card) 60.5; 4, T. Heyworth (N'ton) 62.8. **Ht 2:** 1, L. Taylor (Exeter) 57.9; 2, T. Doyle (Wirr) 59.0; 3, N. Klarkowski (Wig) 60.3; 4, G. Howell (C of Hull) 61.1. **Ht 3:** 1, S.

Pengilley (Card) 59.1; 2, M. Russell (Camb H) 59.9; 3, G. Hampson (Stret) 62.5. Disq: J. Spiers (Brom) 59.4. **Ht 4:** 1, S. Colyear (Stret) 57.8; 2, P. Lloyd (B'ham U) 58.7; 3, J. Murdoch (M'hill) 60.0; 4, A. Twomey (Soli) 60.8.

Semis (Friday; 1st 2 to final)—Ht 1: 1, Warden 57.9; 2, Lloyd 57.9; 3, Peake 59.5. Disq: Pengilley (finished 1st). **Ht 2:** 1, Colyear 56.6; 2, Taylor 58.2; 3, Doyle 59.5; 4, Russell 60.7.

Final: 1, COLYEAR 57.2; 2, TAYLOR 57.3. Warden and Lloyd scr.

800 METRES

Heats (Friday; 1st 2 and fastest loser to final)—Ht 1: 1, R. Wright (W&B) 2:14.8; 2, G. Garbutt (M'bro) 2:17.0; 3, A. Roblin (Card) 2:20.4; 4, E. Clark (C of Hull) 2:25.9; 5, H. Stevenson (Notts) 2:27.7. **Ht 2:** 1, C. Stenhouse (Bris) 2:14.5; 2, C. McMeekin (M'hill) 2:14.8; 3, S. Howell (C of Hull) 2:16.0; 4, J. Knox (Stoke) 2:19.0; 5, W. Green (W&B) 2:21.8; 6, T. Heyworth (N'ton) 2:24.1. **Ht 3:** 1, P. Reece (B'mena) 2:18.8; 2, D. Brooks (Pilk) 2:21.8; 3, J. Smith (Tip) 2:21.8; 4, H. Lees (ESH) 2:23.6.

Final: 1, WRIGHT 2:07.2; 2, C. McMEEKEN 2:12.7; 3, GARBUTT 2:13.6; 4, Reece 2:13.6; 5, Stenhouse 2:19.8; 6, Brooks 2:27.1; S. Howell dnf.

1500 METRES

1, N. BRAITHWAITE (Lanc) 4:37.4; 2, C. CURTHOYS (AFD) 4:42.2; 3, C. READDY (Stoke) 4:44.4; 4, A. Roblin (Card) 4:56.3; 5, A. Morris (Card) 5:02.7.

3000 METRES

Not held.

60 METRES HURDLES

Heats (1st 2 to final)—Ht 1: 1, A. Wilson (S'end) 8.6; 2, L. Hott (Hav) 8.6; 3, L. Boothe

continued on page 35



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LEAGUE RACES

YOUNG ATHLETES SUNDAY CC LEAGUE

At Stevenage, January 20th

1. P. Richardson (Havering) 14:31; 2. R. Rafferty (Harlow) 14:34; 3. T. Tracey (HHH) 14:36; 4. M. Tomkins (HHH) 14:37; 5. R. Button (Enf) 14:47; 6. S. Gilby (HHH) 14:58; 7. B. Johnson (Ver) 15:01; 8. M. Goymer (Felt) 15:02; 9. A. Harvey (Wyc P) 15:03; 10. P. Graham (Bed) 15:08; 11. S. Priest (Wyc P) 15:09; 12. A. McEvoy (L. Irish) 15:14; 13. K. Diplock (HHH) 15:16; 14. R. Barrett (HHH) 15:19; 15. A. Bichener (Bed) 15:26; 16. P. Fitzsimmons (Ver) 15:33; 17. A. Constable (C&C) 15:34; 18. I. Mortimer (HHH) 15:36; 19. T. Mellows (Felt) 15:37; 20. P. Cowan (Pet) 15:37. **Teams:** 1. Herne Hill H 26; 2. Enfield 90; 3. Verlea 100; 4. Feltham 107; 5. Havering 132; 6. London Irish 134; 7. Wycombe P 137; 8. Cambridge & C 141; 9. Bedford 154; 10. Rugby 169.

Boys U/14

1. S. Mulcair (HHH) 10:51; 2. T. Conlon (HHH) 10:52; 3. J. Randall (Ver) 11:19; 4. R. Smith (Ver) 11:19; 5. P. Burns (Felt) 11:23; 6. K. Shinkwin (Wat) 11:25; 7. D. Lasenby (Enf) 11:29; 8. M. Firth (HHH) 11:30; 9. K. Robinson (Felt) 11:31; 10. P. Ayrey (Ver) 11:33. **Teams:** 1. Herne Hill H 25; 2. Verlea 28; 3. Feltham 48; 4. Watford 90; 5. Stevenage 91; 6. Enfield 116; 7. Havering 153; 8. London Irish 182; 9. Barnet 231; 10. Peterboro 240.

Boys U/12

1. R. Powell (Stev) 9:29; 2. P. Strong (Bar) 9:30; 3. M. Thompson (Felt) 9:42; 4. N. Hill (Stev) 9:43; 5. M. Tappin (Felt) 10:01; 6. M. Robinson (Felt) 10:02; 7. S. Wells (Stev) 10:04; 8. P. Berrett (Hav) 10:05; 9. J. Allen (Barn) 10:13; 10. C. Dommitt (Hav) 10:15. **Teams:** 1. Feltham 40; 2. Havering 45; 3. Stevenage 81; 4. Peterboro 87; 5. Verlea 89; 6. Barnet 126; 7. London Irish 149; 8. Bedford 178; 9. Rugby 198; 10. Huntingdon 202.

Girls U/17

1. V. Priest (Wyc P) 11:40; 2. M. Barrett (Ver) 12:04; 3. P. Broughton (Har) 12:08; 4. J. Brinkhurst (Hunt) 12:12; 5. C. Butler (Enf) 12:13; 6. J. Burrell (Ux) 12:20; 7. K. Kosbab (Felt) 12:27; 8. C. Brinkhurst (Hunt) 12:27; 9. May (Wyc) 12:30; 10. J. Coles (Hunt) 12:39. **Teams:** 1. Wycombe Phoenix 38; 2. Huntingdon 44; 3.

Harlow 64; 4. Enfield 65; 5. Verlea 75; 6. Feltham 87; 7. Stevenage 88; 8. Uxbridge 93; 9. Barnet 100; 10. Cambridge & Col 107.

Girls U/15

1. C. Brace (Enf) 9:46; 2. T. Lattimore (Har) 9:48; 3. J. Bennett (WSE) 10:00; 4. S. Morgan (Wyc) 10:07; 5. T. Harris (Felt) 10:08; 6. S. Smith (Enf) 10:14; 7. S. Black (Hunt) 10:20; 8. A. Tamplin (Har) 10:23; 9. D. Wilkins (Ux) 10:24; 10. J. Rouit (Felt) 10:28. **Teams:** 1. Enfield 64; 2. Verlea 68; 3. Feltham 74; 4. Wycombe P 75; 5. Harlow 79; 6. Windsor, Slough & Eton 85; 7. Bedford 126; 8. Uxbridge 141; 9. Huntingdon 143; 10. Peterboro 155.

Girls U/13

1. J. Priest (Wyc) 7:56; 2. B. Hutchins (WSE) 8:08; 3. A. Clifford (Bed) 8:09; 4. D. Kiernan (Hav) 8:18; 5. L. Payne (Ux) 8:19; 6. A. Langley (Bed) 8:31; 7. R. Lawless (Hav) 8:38; 8. S. Luke (Felt) 8:38; 9. D. Anderton (Wat) 8:45; 10. D. Styles (Wyc) 8:48. **Teams:** 1. Havering 37; 2. Wycombe P 60; 3. Verlea 104; 4. Watford 105; 5. Bedford 120; 6. Windsor, Slough & E 123; 7. Feltham 147; 8. Uxbridge 169; 9. Peterboro 221; 10. Stevenage 290.

ESCAFIELD CC LEAGUE

At Bradford, January 23rd

1. J. Boulter (Sheffield Un) 28:05
2. D. Fleming (Bradford Un) 28:20
3. P. Coyle (Didsbury) 28:58
4. P. Pickersgill (Wake-G) 29:19; 5. S. Knowles (Leeds) 29:31; 6. P. Rider (Brad) 29:44; 7. P. Dring (Army) 30:14; 8. S. Leslie (Leeds) 30:16; 9. M. Gue (Army) 30:16; 10. G. Williams (Brad) 30:28; 11. C. Naynes (Wake-G) 30:47; 12. M. Dudderidge (Leeds) 30:52; 13. R. Britton (Leeds) 30:53; 14. F. Birch (Leeds) 31:00; 15. N. Duggan (Brad) 31:05. **Teams:** 1. Bradford Un 29; 2. Leeds Un 32; 3. Army 45; 4. Sheffield Un 60; 5. Leeds Un 'B' 82; 6. Army 'B' 87; 7. Army 'C' 127; 8. Carnegie 140; 9. Army 'D' 152; 10. Constab 168; 11. Army 'E' 171; 12. Constab 'B' 214.

BIRMINGHAM & DIST CC LEAGUE

(Division 1)

At Birchfield, January 27th

1. R. Smedley (Birmingham Un) 31:02
2. D. Wright (Birmingham Un) 31:24
3. K. Bartlett (Coventry Godiva) 31:25
4. K. Rollason (Tip) 31:26; 5. C. Falconer (Cov G) 31:27; 6. J. Lane (Birm Un) 31:42; 7. D. Fownes (Tip) 31:53; 8. J. Harvey (Tip) 31:55; 9. D.

WARRINGTON A.C.

1974 RELAYS

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Sat. March 30th, 4x3¼M Senior Road Relay
Sun. April 7th, Young Athletes Park Relays
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STAFFORD A.C.

CHASE '21'

(Under A.A.A. Laws)

21 Miles Cross-Country on Sunday, March 10th
Entry Fee: 25p per Individual to M. Whittaker, 33 Compton Road, Stafford, by February 27th.
Ten Prizes including Veterans. Certificates all in 3 hours.

Boldard (Tip) 31:57; 10, M. Kearns (Birm U) 32:02; 11, A. Rushmer (Tip) 32:03; 12, T. Edwards (B'field) 32:04; 13, R. Fowler (Stoke) 32:05; 14, R. Cyttlau (Glos) 32:13; 15, R. Tilling (B'field) 32:19; 16, A. Richards (Tip) 32:22; 17, S. Lawrence (Birm U) 32:26; 18, J. Wright (Tip) 32:29; 19, P. Sanderson (Birm U) 32:32; 20, T. O'Reilly (S Heath) 32:34; 21, M. Absolem (Stoke) 32:28; 22, A. Morley (Birm U) 32:39; 23, M. Phillips (B'field) 32:41; 24, D. Biddell (S Heath) 32:41; 25, K. Boyden (Tip) 32:42; 26, M. Peake (B'field) 32:44; 27, J. Potts (B'field) 32:50; 28, K. Scott (S Heath) 32:52. **Teams:** 1, Tipton 55; 2, Birmingham University 55; 3, Birchfield 133; 4, City of Stoke 167; 5, Small Heath 178; 6, Coventry God 228; 7, Gloucester 272; 8, Leamington 343.

Youths

1, J. Tierney (S Heath) 17:53; 2, S. Emson (Tip) 17:59; 3, S. Fowler (Stoke) 19:07; 4, P. Williams (S Heath) 19:12; 5, P. Heddy (Glos) 19:16; 6, P. Martyniuk (Glos) 19:17. **Teams:** 1, Small Heath 17; 2, City of Stoke 20; 3, Tipton 20; 4, Gloucester 21; 5, Birchfield 64; 6, Coventry God 66.

BIRMINGHAM & DIST CC LEAGUE (Division 2)

At Telford, January 27th

1, T. Jefferies (Wolverhampton & Bilston) 32:53
2, R. Cooper (Worcester Nomads) 33:05
3, B. Cook (Wolverhampton & Bilston) 33:39
4, S. Coomer (W&B) 33:47; 5, N. Jackson (N'castle) 33:55; 6, D. Walker (Worcs) 34:04;
7, P. Lynch (Rug) 34:10; 8, N. Jinks (Worcs) 34:13; 9, D. Hope (Worcs) 34:14; 10, C. Neville (Rug) 34:30; 11, H. Elliott (W&B) 34:40; 12, P. Baker (Spark) 34:43; 13, J. Mills (Spark) 34:47; 14, G. Rhodes (Staff) 34:50; 15, R. Morris (Shrew) 34:56; 16, E. Hansen (Nun) 35:12;
17, S. Lees (W&B) 35:16; 18, S. Chabowski (Staff) 35:18; 19, E. Williams (Shrew) 35:22; 20, B. Forster (Rug) 35:36; 21, B. Wilkins (Spark) 35:38; 22, D. Eades (W&B) 35:42; 23, J. Peet (Spark) 36:00; 24, C. Brooks (Worcs) 36:03; 25, B. Meredith (Hales) 36:04. **Teams:** 1, Wolverhampton & B 58; 2, Worcester N 86; 3, Spark-hill 146; 4, Stafford 188; 5, Shrewsbury 208; 6, Nuneaton 234; 7, Newcastle 245; 8, Rugby 263; 9, Halesowen 286.

Youths

1, P. Gowans (W&B) 17:29; 2, A. Nock (Hal) 17:56; 3, M. Kemball (W&B) 17:59; 4, M. Cadwallader (W&B) 18:14; 5, J. Harris (Shrew) 18:31; 6, M. Edgumbe (Spark) 19:07. **Teams:** 1, Wolverhampton & Bilston 8; 2, Halesowen 31.

CHINGFORD & DISTRICT LEAGUE (5M Road)

At Victoria Park, February 2nd

1, D. Peggs (Enfield) 24:18
2, M. Broyd (Enfield) 24:30
3, R. Taylor (North London) 24:36
4, G. Harrold (Enf) 24:44; 5, A. Rich (W'stow)

24:49; 6, D. Rafferty (Har) 25:01; 7, R. Howe (W'stow) 25:13; 8, E. Morris (N Lon) 25:17; 9, G. Cloke (Enf) 25:21; 10, J. Anstey (Vic P) 25:26; 11, D. Hardstaff (N Lon) 25:32; 12, D. Day (Enf) 25:34; 13, P. Derlacki (Enf) 25:38; 14, D. Galloway (N Lon) 25:40; 15, B. Hercock (Enf) 25:41; 16, A. Barber (Vic) 26:00; 17, J. Goldring (W'stow) 26:07; 18, K. Lowe (Vic) 26:18; 19, L. Peter (Enf) 26:28; 20, D. Hurlock (W'stow) 26:28; 21, I. Wiggitt (N Lon) 26:32; 22, I. Nuckey (Barn) 26:38; 23, J. Mercer (Enf) 26:45; 24, A. Stafford (N Lon) 26:47; 25, R. Berry (W'stow) 27:00; 26, V. Pierce (N Lon) 27:02; 27, J. Cash (Lough) 27:03; 28, G. Evans (N Lon) 27:07; 29, G. Walker (Vic) 27:08; 30, G. Smith (EM) 27:15. **Teams:** 1, Enfield 41; 2, North London 81; 3, Walthamstow 106; 4, Victoria Park 152; 5, Loughton 275; 6, Eton Manor 306; 7, Haringey & S'gate 322; 8, Barnet & Dist 332; 9, Harlow 367.

ARMY AA v WELSH CCA**At Chepstow, January 26th**

1, G. Grant (Army AA) 36:52
2, D. Fowles (Welsh CC Assn) 36:57
3, R. Evans (Welsh CC Assn) 36:57
4, S. Gibbons (W) 37:05; 5, M. Lane (W) 37:43;
6, J. Theophilus (W) 38:01; 7, K. Jacklin (A) 38:03; 8, J. Kirby (W) 38:17; 9, B. Griffiths (W) 38:30; 10, D. Gibson (A) 38:52; 11, G. Stanton (A) 38:57; 12, P. Ratcliffe (W) 39:07; 13, P. Hall (A) 39:18; 14, E. Ranicar (A) 39:23; 15, E. Turner (A) 39:41. **Teams:** Welsh CCA 49; Army AA 88.

Youths

1, M. Morris (W) 23:30; 2, P. Staynings (A) 24:43; 3, J. Greenwood (A) 24:45; 4, S. Rolfe (W) 24:51; 5, T. Randle (A) 24:52; 6, C. Harrison (W) 25:05; 7, T. Hughes (A) 25:07; 8, S. Nevis (A) 25:08; 9, K. Bartlett (W) 25:17; 10, R. Stitt (W) 25:21; 11, T. Roberts (A) 25:28; 12, M. Evans (W) 25:33; 13, F. Higgins (A) 25:35; 14, P. Parsons (A) 25:47; 15, A. Dyke (W) 25:48. **Teams:** Army AA 63; Welsh CCA 73.

WELSH COLLEGES CC CHAMPIONSHIPS**At Aberystwyth, January 26th**

1, Prothero (Aberystwyth (Un) 35:01
2, Russell (Bangor Un) 35:06
3, Batty (Caerleon Coll of Ed) 35:19
4, Jones (Aber) 35:34; 5, Robotham (Card) 35:48;
6, Darby (Caer) 35:52; 7, Ireland (Gaer) 35:52;
8, Jones (UWIST) 36:01; 9, Evans (Glam) 37:07;
10, Wolfenden (Card) 37:11; 11, Hughes (Card) 37:18; 12, Fawthrop (Aber) 37:23; 13, Haddon (Aber) 38:25; 14, Tambini (Card) 38:29; 15, Stevens (Aber) 38:57; 16, Barnish (Aber) 38:57;
17, Johncock (Aber) 39:28; 18, Davies (Card) 39:30; 19, Heath (UWIST) 39:33; 20, Armstrong (UWIST) 39:37. 44 finished. **Teams:** 1, Caerleon Coll of Ed 16; 2, Cardiff Coll of Ed 42; 3, UWIST 47. **Universities Championship:** 1, Prothero; 2, Russell; 3, Jones. **Teams:** 1, University Coll of Wales, Aberystwyth; 2, University Coll, Cardiff 83; 3, University Coll of North Wales, Bangor 121.

Southern Women's CC**At Hendon, February 2nd****JOYCE SMITH WINS FOR SIXTH TIME**

SPECTATORS saw some fine running with the runners in sight for the majority of the time. The first race, the Intermediate championship, was a closely fought battle for the whole of the 4000m. During most of the race the lead was shared by a group of four: Christina Boxer, Monica Joyce, Shiree Hines and Vivienne Priest. After the first of their two laps these four had a 20-25m lead from Kerri Fielon, who in turn had a 10m advantage over the chasing pack. The leaders stayed together until some 400m from home when Shiree Hines made her move and broke away from Monica Joyce. In the sprint for the tape Monica almost caught Shiree but the Thurrock girl got home by one second from the Inter-League champion. The team race was a narrow victory for Wycombe, who scored 76 points to Aldershot's 77. The Hampshire club packed 3 in 10 but had to wait until 55th place for their final scorer.

The hoped for clash between Joyce Smith and Rita Ridley never materialised with Rita not competing for this title. The opposition to holder Joyce Smith therefore came from her team-mate Carol Gould and Feltham's Ann Yeoman. The seniors had a 1000m lap to complete before following the Intermediate course and after 400m Carol Gould was leading with Joyce coming from the pack. These two then started to leave the field, taking Ann Barrass with them. At the end of this 1000m lap the leaders were 10m up on Ann Yeoman and at about 1400m Joyce started to draw away slowly from Carol, who in turn kept clear of Ann Yeoman. The positions of the first three remained unchanged for the rest of the race, and Joyce came home to take the Southern title for the sixth time. The race for fourth place was not so clear and it wasn't until under 800m to go that Carol McLoughlin went past Ann Barrass and Alison Blake. With Barnett's scoring four never out of the first ten, the team race was never in doubt.

Bryan Smith

1, J. Smith (Barnet)	16:48
2, C. Gould (Barnet)	17:05
3, A. Yeoman (Feltham)	17:18
4, C. McLoughlin (Hill)	17:38; 5, A. Barrass (Ald) 17:42; 6, A. Blake (Ald) 17:45; 7, K. Barnett (Barn) 17:52; 8, H. Tanner (Kt) 18:11; 9, M. Beacham (Barn) 18:21; 10, C. Boshier (Felt) 18:27; 11, V. Howe (Ald) 18:29; 12, M. Sonner (LOAC) 18:48; 13, C. Roy (Hill) 18:49; 14, M. Taylor (Ilf) 18:57; 15, P. Winter (Ver) 19:01; 16, B. Stone (Th) 19:05; 17, P. Turner (Hill) 19:05; 18, P. Jones (Ilf) 19:05; 19, M. Townsend (Port) 19:05; 20, A. Roberts (Surr) 19:15; 21, J. Down (Ald) 19:19; 22, A. Dunn (Camb) 19:20; 23, L. Watson (LOAC) 19:26;

24, S. Barrass (Ald) 19:31; 25, A. James (LOAC) 19:36; 26, C. Coleman (High) 19:38; 27, B. Atkinson (Th) 19:47; 28, C. Rodgers (High) 19:52; 29, M. Tunstall (Lut) 19:58; 30, A. Shave (B'mouth) 20:27; 31, J. Kimber (Med) 20:12; 32, R. Ennis (Ilf) 20:14; 33, M. Hoptrough (Park) 20:14; 34, J. Saunders (Stev) 20:24; 35, A. Webster (Ald) 20:28; 36, C. Emerson (LOAC) 20:35; 37, T. Hollingsworth (Kt) 20:36; 38, G. Price (LOAC) 20:40; 39, J. Mildenhall (Ex) 20:42; 40, J. Lowe (Ux) 20:46. 63 finished.

Teams: 1, Barnett 19; 2, Aldershot, Farnham & Dist 43; 3, Hillingdon 85; 4, LOAC 96; 5, Ilford 117; 6, Thurrock 148; 7, Highgate 157; 8, Verlea 180.

Intermediates

Intermediates	
1, S. Hines (Thurrock)	14:32
2, M. Joyce (Crawley)	14:33
3, V. Priest (Wycombe P)	14:40
4, C. Boxer (Ald) 14:49; 5, M. Barrett (Ver) 15:01; 6, K. Kosbab (Felt) 15:03; 7, C. Butler (Enf) 15:06; 8, J. Barrass (Ald) 15:08; 9, L. Harvey (LOAC) 15:17; 10, J. Allen (Ald) 15:18; 11, J. Brinkhurst (Hunt) 15:22; 12, S. Harvey (LOAC) 15:28; 13, J. Berry (Wyc) 15:31; 14, C. Simpson (B'mouth) 15:35; 15, P. Broughton (Har) 15:43; 16, P. Brookshaw (Kt) 15:44; 17, S. Pearce (Croy) 15:47; 18, J. Burrell (Ux) 15:48; 19, K. Fielon (Port) 15:53; 20, J. Coles (Hunt) 15:57; 21, C. Brinkhurst (Hunt) 15:59; 22, H. Fielon (Port) 16:05; 23, J. May (Wyc) 16:19; 24, A. Coxon (Hill) 16:23; 25, N. Eisenberg (Wig) 16:25; 26, J. Went (Craw) 16:27; 27, M. Siequin (Ex) 16:28; 28, B. Jackson (Port) 16:29; 29, C. Mendelson (Enf) 16:31; 30, S. Lee (Hill) 16:32; 31, H. Martin (Stev) 16:32; 32, G. Hagger (Bas) 16:34; 33, K. Maxted (Har) 16:36; 34, J. Geller (Har) 16:41; 35, E. Aretz (Stev) 16:42; 36, G. Allnut (Sy) 16:46; 37, A. Mitchell (Wyc) 16:47; 38, E. Powell (Barn) 16:48; 39, J. Windsor (Ux) 16:49; 40, C. Stickland (Rvde) 17:03. 59 finished.	

Teams: 1, Wycombe Phoenix 76; 2, Aldershot, Farnham & Dist 77; 3, Huntingdon 96; 4, Enfield 127; 5, Crawley 132; 6, Harlow 141; 7, Hillingdon 151; 8, Verlea 173.

Grenville Tuck won the Eastern CC title at Norwich in 44:14 from Tony Simmons (45:43) and Graham Tuck (46:23).

RADLEY LADIES ATHLETIC CLUB**LADIES' OPEN MEETING****SUNDAY, MARCH 31st, 2 p.m. start**

10p entry on day. All age groups, all events except hurdles. For further information contact Mr Kear, Tel: Oxford (0865) 771860 or J. Slatter 0865-770532.

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N. Irish News

DERRY 'GOODWILL RACES'

At Waterside, December 22nd

It was fitting that the final cross-country race of 1973 should have been a 'Unity' race involving all of the three major Associations in Ireland. The race at Londonderry was advertised further as a 'Goodwill' meeting organised by the Ulster Sports' Council's Sparta Club and it lived gloriously up to that expectation. Athletes and officials alike were treated to generous hospitality with every effort being made by the organising committee to ensure that the occasion would be suitably remembered by all participants. The races themselves provided their fair share of excitement with main interest centring around John McLaughlin's impressive victory in the Senior 10,000m event and Annadale Striders' domination of the Boys Under-16 3000m.

Boys (U/16) 3000m: 1, S. McArthur (Ann Striders) 9:40; 2, S. Reid (Ann Str) 10:02; 3, S. Bailie (Ann Str) 10:06; 4, P. O'Brien (Finn Valley) 10:10; 5, J. O'Brien (FV) 10:12; 6, M. Campbell (Ann Str) 10:12; 7, R. Butler (Ach) 10:14; 8, R. Henderson (CAI) 10:15; 9, M. Lawther (Ann Str) 10:15; 10, G. McIlwaine (CAI) 10:16.

Teams: 1, Annadale Striders 12; 2, Coleraine AI 45; 3, Sparta 'A' 64; 4, Finn Valley 66; 5, Achilles 106. **Women 2000m:** 1, V. Sherry (G'lough) 7:46; 2, A. O'Donnell (Sparta); 3, M. McClean (Finn Valley); 4, S. Houston (FV); 5, R. Quigley (Sparta); 6, G. McCabe (Sparta 'B'); 7, P. Casey (Sparta); 8, O. Enwright (Sparta). **Teams:** 1, Sparta 'A' 22; 2, Finn Valley 26; 3, Sparta 'B' 61.

Youths (U/18) 5000m: 1, P. McGouren (St Malachy's); 2, P. Craig (Sparta); 3, M. Best (Ann Str); 4, F. Doran (Sp); 5, J. McGrath (St Mal); 6, J. McKee (CAI); 7, P. Bonnar (Finn Valley); 8, K. Higgins (EAH); 9, E. McCorran (Let). **Team:** St Malachy's College.

Senior Men 10,000m: 1, J. McLaughlin (Ach) 34:11; 2, T. Annett (B'drain) 34:22; 3, E. Spillane (Donore) 34:31; 4, G. Hannon (Ach) 34:35; 5, J. McGuinness (Ach) 34:39; 6, C. Pennington (W'field) 34:47; 7, F. Brady (Don) 35:31; 8, J. Allen (W'field) 34:44; 9, G. Price (Ach) 35:52; 10, E. Cunningham (Ann Str) 36:04; 11, P. Cassidy (Don) 36:11; 12, — (Ach 'B') 36:17; 13, N. McDaid (Cranford) 36:18; 14, G. Staunton (UCG) 36:23; 15, N. Martin (FV) 36:57. **Teams:** 1, Achilles 'A' 19; 2, Donore 49; 3, Finn Valley 84; 4, Cranford 89; 5, Achilles 'B' 105.

FILBERT BAYI

FRANK CLEMENT

Featured in next week's 'AW'



S. Holmes (83), the winner, and runner-up H. Fielon battle in the National Inter-Counties Intermediate Championship at Romford.

Mike Street



Jackie Priest ran out a comfortable winner in the Minor Girls race at the National Inter-Counties Championships.

Mike Street

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Grenville Tuck In Charge

GRENVILLE TUCK, the 1972 Inter-Counties champion, fought off strong winds at Luton on January 26th to lead all the way in the North of Thames cross-country championship. Tuck, who thought some of the bends will be too tight for the 900 or so runners in next year's National, went ahead shortly after the start and although he found it hard work on the long hill at 4 miles he remained in control. TVH were clear team winners, finishing all their men inside 31.

In the Junior race Kevin Steere moved away on the hill the second time round. He points out: "Most of the runners at the top of the list as juniors over the country, like Steve Barr, Neil Coupland etc, will be ineligible for the International junior because of the change in age groups so they will have to go well down the list for the team".

Alastair Aitken

1, Grenville Tuck (Cambridge & C) 32:47
2, Julian Goater (Shaftesbury) 33:33
3, Steve Barr (Thurrock) 33:50
4, M. Heath (H&S) 33:57; 5, J. Sheriden (TVH) 34:05; 6, P. Norrell (H&S) 34:12; 7, M. Puddifoot (TVH) 34:24; 8, P. Farrell (Ox) 34:29; 9, P. Fulcher (Chelms) 34:33; 10, J. Willshire (High) 34:37; 11, D. Patterson (TVH) 34:46. **Teams:** 1, TVH 79; 2, Highgate 172; 3, Verlea 197.

Further placings next week.)

Juniors

1, K. Steere (C&C) 26:00; 2, G. Galvin (Hill) 26:27; 3, D. Wright (Hill) 26:30; 4, D. Rafferty (Har) 27:08; 5, M. Foster (Shaft) 27:16; 6, R. Leem-Bruggen (W Gn) 27:33; 7, A. Boast (C&C) 27:34; 8, R. Charleston (Chelm) 27:35; 9, G. Arnell (Shaft) 27:49; 10, K. Bailey (TVH) 27:53; 11, K. Spencer (Har) 28:01; 12, G. Sillitoe (Shaft) 28:04; 13, P. Rafferty (Har) 28:22; 14, D. Wolfe (Hill) 28:30; 15, K. Hirst (Shaft) 28:49; 16, P. Hammond (C&C) 28:52; 17, M. Kettlewell (Hill) 28:58; 18, C. Pearce (C&C) 29:07; 19, P. Smith (Har) 29:22; 20, V. Voller (Shaft) 29:51. **Teams:** 1, Hillingdon 36; 2, Shaftesbury 41; 3, Cambridge & C 42; 4, Harlow 47; 5, Woodford Green 86; 6, Highgate 109.

Youths

1, M. Brewer (Chelms) 20:46; 2, S. Lowe (Wat) 21:04; 3, P. Holland (N Lon) 21:15; 4, A. Grover (Ips) 21:24; 5, M. English (N Lon) 21:34; 6, O. Arif (High) 22:00; 7, B. Walters (TVH) 22:15; 8, N. Cooper (Wat) 22:21; 9, D. Gregory (N Lon) 22:38; 10, I. Smith (N Lon) 23:05; 11, D. Bright (Poly) 23:09; 12, N. Sydee (Shaft) 23:16; 13, D. Craggs (Wat) 23:44; 14, A. McEvoy (Lon I) 23:45; 15, N. Wilson (TVH) 23:47; 16, P. Davis (Shaft) 23:59; 17, R. Mallous (Wat) 24:16; 18, A. Lyons (Lut) 24:16; 19, E. Moran (Shaft) 24:19; 20, J. Corbett (Lon I) 24:28. **Teams:** 1, North London 27; 2, Watford 40; 3, TVH 73; 4, Shaftesbury 79; 5, Ipswich 96; 6, London Irish 100.

INTER-COUNTY SCHOOLS CC CHAMPS

At Shrewsbury, January 26th

Boys

1, S. Kendal (Staffordshire) 15:27
2, G. Hill (Gloucestershire) 15:32
3, N. Less (Derbyshire) 15:39
4, Godring (Glos) 15:39; 5, Gosage (Glos) 15:40; 6, Martyniuk (Glos) 15:48; 7, Speers (Som) 15:48; 8, Street (Glos) 15:52; 9, Pickford (Som) 15:54; 10, Fisher (St) 15:55; 11, Wakefield (Glos) 15:55; 12, Davies (Glam) 15:55; 13, Brookes (N) 15:55; 14, Booker (Glam) 15:55; 15, Sladen (Glos) 16:04; 16, Norman (Glam) 16:04; 17, Marley (St) 16:04; 18, Woodruff (Der) 16:07; 19, Dutton (St) 16:07; 20, Hupperdine (St) 16:07. **Teams:** 1, Gloucs 17; 2, Staffs 47; 3, Somerset 63; 4, Glamorgan 67; 5, Gloucs 'B' 81; 6, Notts 89; 7, Staffs 'B' 97; 8, Derby 99; 9, Somerset 156; 10, Devon 176.

Colts

1, S. Bailey (War) 13:38; 2, T. Redman (War) 13:43; 3, N. Sharp (St) 13:45; 4, Cowman (Som) 13:47; 5, Hargreaves (St) 13:48; 6, Cummings (Glam) 13:49; 7, Price (St) 13:51; 8, Firking (Wor) 13:57; 9, Callnan (Glam) 14:03; 10, Smith (St) 14:04; 11, Farmer (War) 14:08; 12, Walsh (St) 14:14; 13, Knight (War) —; 14, Powell (Wor) 14:54; 15, Ohren (Wor) 14:55. **Teams:** 1, Staffs 25; 2, Warwicks 27; 3, Worcs 58; 4, Somerset 70; 5, Staffs 'B' 72; 6, Glamorgan 89; 7, Shropshire 131; 8, Gloucs 154; 9, Notts 154; 10, Derbyshire 176.

NORFOLK YOUTHS & BOYS CC CHAMPS

At Kings Lynn, January 26th

1, W. Napier (N Gaz) 25:25; 2, A. Dobson (Wyn) 25:58; 3, N. Lewis (N Gaz) 26:20; 4, A. Smithers (Fak) 26:53; 5, T. Bryan (Gt Y) 27:13; 6, M. Watson (KES) 27:38. **Teams:** 1, Wymondham Coll 40; 2, King Edward VII Sch 46; 3, Norwich Sch 49.

Boys

1, S. Payne (N Gaz) 18:04; 2, B. Green (Pas) 18:54; 3, N. Featherby (N Gaz) 19:02; 4, G. James (Wym) 20:35; 5, N. Dodman (Fak) 20:43; 6, P. Clarke (Diss) 20:46. **Teams:** 1, Paston GS 39; 2, Wymondham Coll 49; 3, Norwich Sch 51.

Non Championship Races (Colts): 1, B. Pells (Fak) 12:27; 2, K. Pywell (Gt Y) 12:34; 3, S. Reeve (Fak) 12:42. **Team:** Fakenham Sch 30. **(Junior Ladies):** 1, D. Groves (Low) 12:07; 2, S. Attew (WNAC) 12:20; 3, E. Wollams (Diss) 12:21. **Team:** Lowestoft 24.

Peter V. Martin, of 23 Beaconsfield Road, Basingstoke, Hants received two copies of the September 29th issue of 'AW' but not one for the September 22nd issue (which is now out of stock). Is there anyone willing to swap?

Sussex finished 11th with 249 points in the Inter-Counties Junior Cross-Country Championships at Derby and not 20th as printed.

BRITISH ATHLETES IN TERRIFIC FORM AT COMMONWEALTH GAMES



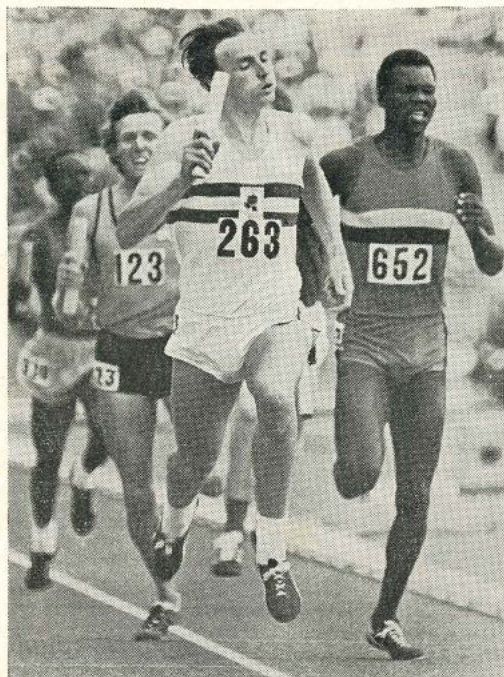
Ian Thompson becomes the second fastest marathon runner in history—in his second attempt at the event!



Geoff Capes, a clear favourite for the shot, won the title and broke his Commonwealth record.



Verona Bernard (left) and Canada's Yvonne Saunders fight out the 400 metres. Verona, second in the UK record time of 51.9, later struck gold in the 4x400m relay with a leg timed at 50.4.



Alan Pascoe anchors England to the silver medal position in the 4x400m relay, having already won the 400m hurdles title in a splendid 48.8.



Only Emiel Puttemans has ever run faster as Ben Jipcho wins the 5000m in 13:14.4 from Brendan Foster's UK record of 13:14.6.

 *
 *
Photographs by Mark Shearman
 *
 *

Mike Bull lost his pole vault title to Don Baird but he won a gold medal all the same—in the decathlon. Here he runs ahead of silver medalist Barry King in the 1500m.



Spotlight on Youth . . .

NEIL COUPLAND

Date of Birth: January 27th, 1954.

Height: 1.75/5'9".

Weight: 64kg/142lb.

Club: Southampton & Eastleigh; University of Kent AC.

Coach: I don't have one—I feel I know what I want to do and how to go about doing it. I think that the value/necessity of a coach in male middle-distance/cross-country runners is much overrated. The only person who is competent in this capacity is another middle-distance runner where the role becomes one of adviser/companion.

Occupation: Student (Law)—University of Kent.

Favourite event: 5000m on the track and any level of competition over the country though I dislike racing on the roads.

Brief details of achievements in major competition: 1971: Inter-Counties CC (Youths) 23rd; Southern CC (Youths) 8th; National CC (Youths) 14th. 1972: Inter-Counties CC (Y) 4th; Southern CC (Y) 6th; National CC (Y) 7th. 1973: Inter-Counties CC (Juniors) 3rd; Southern (J) 1st; National CC (J) 1st. 1974: Inter-Counties CC (J) 1st; Southern (J) 1st.

Annual progression: 1969—2:03.1 (800); 4:12.1 (1500). 1970—2:01.3; 4:02.8; 16:10.0 (5000). 1971—1:59.4; 3:57.4; 15:42.0. 1972—1:55.7; 14:49.4. 1973—14:21.8.

How often do you like to compete and at what time of the year? As often as possible on the track, though obviously rather less approaching a big competition. Similarly before Christmas on the country though I don't alter my training for races during this period. After Christmas I like three weeks between major competitions (i.e. Inter-Counties, Southern, National) but enjoy any minor race going.

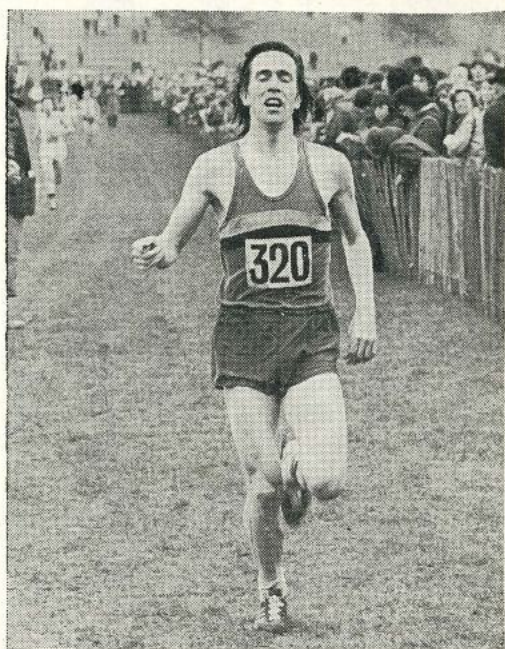
Please give a general description of your seasonal training:

Autumn (Sept—Dec)

Building up from around 60 miles a week. Week one of a three week cycle is just steady running. Week two is rather more sessions with the emphasis on speedwork. Week three is a mixture of the two but reaching the total in six days enabling a day's rest and making it easy to raise the mileage in the next week. This means running around 120 a week by Christmas, although the total reached is higher each year.

Winter (Jan—Mar)

Same general pattern as in the Autumn but maintain a steady total of around 100 a week and easing up for the major competitions at this time.



Mark Shearman photo

Spring (Apr—June)

Basic track work with about 50 per cent of sessions on the track but with plenty of steady running and off-track work.

Summer (July—Aug)

Further track work, about 75 per cent on the track. Also included throughout the year are the occasional circuit and weights session. For the past two years I've done very little track training as such whilst concentrating on building basic strength through the summer. This year I aim to train specifically for the track which will involve planned training and racing with a run down before major competition, as I have done during the winter.

Describe your daily routine, with times, of a mid-week day in each of the above seasons—and a weekend routine similarly:

Whilst at University (Oct—Jun): 7.30: Easy 4 mile jog. 8.15—9.00: Breakfast. 9.00—10.30: First session (Winter, usually a steady run/Summer, short run + 100m strides). 10.30—12.30: Lectures/work. 12.30—1.30: Lunch. 1.30—3.00: work. 3.00—4.30: Second session (steady run, fartlek, track session—intervals back to backs etc). 4.30—6.30: Work. 6.30—7.00: Dinner. 7.00—12.00: More work or socialising (i.e. Disco's, films and

other general time wasting activities—in fact it's a bit like living in a holiday camp). May go for the odd evening run and change the routine for an occasional game of squash, badminton, table tennis, billiards, darts etc.

Whilst at home (Jul—Sep & Christmas & Easter vacations): Similar to above, without the lectures and a lot of the work, replaced by a job (if I've got one) and with the second session generally being done in the evening (6-8). The pattern is also basically the same at weekends except for race days.

How long do you like to ease down before competition and what form does it take? Only usually before major competitions, then for the preceding week. Sunday to Wednesday as hard as usual but over reduced distances/time. Thursday and Friday usually consist of easy running with strides. Thus cover two-thirds of a normal week and still do something every day.

What is your routine on the day of competition? Usually involves getting up early to travel to venue. Eat normally but not for about four hours preceding start—always have plenty to drink. Like to warm up for about an hour usually with easy jogging/stretching. A long journey gives plenty of time for thinking about the race and planning complicated tactics which go to pieces as soon as the gun goes. Also gives a lot of time for thinking up excuses/reasons for running like a camel.

Which performance has given you the greatest pleasure? Hampshire winning teams in 1971 English Schools Senior Cross-Country and Inter-Counties Cross-Country (1972 Youths & 1974 Junior). Winning 1973 National Junior title—I'd figured 2nd at the very best as I couldn't see any possible way of beating Dennis Coates.

Which performance has caused you the greatest disappointment. Unlike the pleasurable things, disappointments are generally short-term and I don't think I've ever had any really, except perhaps failing to win the team race in the 1971 and 1972 National Youths Cross-Country when any normal day we'd have walked it. And perhaps the first experience of a continental 'cross-country' course.

Who do you consider to be your main rivals? I'd rate anyone I run against—especially on the country you can never be sure when someone's

going to have the race of his life. I suppose you tend to look on those that have been around the longest as your main rivals—Kevin Steere, Laurie Reilly, Steve Lawrence, Steve Barr are just a few. Obviously any good class Senior is always going to be a serious rival.

What is your attitude to your rivals in your event? Pretty normal, I'd think—you see the same people at most meetings and try and kid them you're feeling better than they are. When you get in the race you just get on with running your best and don't worry about the others.

Short term ambitions: Hang on to National title and obliterate track personal bests; first time I've trained for track in two years.

Long term aims: I'm not too fussed as long as I go on enjoying my running and I guess that means as long as I go on improving. I'd hope to get to some of the major championships, but basically I just want a good time.

Any other comments: I'd just like to record my thanks to everyone who has helped me since I started running. Out of all the people the most important have been my parents without whose help I'm sure I'd have given up a long time ago. Also Fred Pidgeon who always trained with me in the early days—it's difficult enough training on my own most of the time now, then it would have been impossible. I'd also include the many people that have cheered me on in big races—it's such a boost to have people shouting for you. Perhaps one of the best things about running is the people you meet.

FIXTURE VACANCIES

Surrey AC have vacancies for clubs at the Bantstead Coaches Trophy Meeting for men on Saturday, May 25th, and the Parents' Trophy Meeting for women on Saturday, June 15th, both at Norbiton Sports Ground. Secretaries please contact Geoff Thompson at 38 Panmore Road, Sydenham, London, SE26.

Robert Mortimer, track secretary of Essex Beagles would like to hear from any teams in the London area or adjacent areas who have vacancies for a Senior men, junior and youth team in a trophy or inter-club match on July 20th/21st or August 3rd/4th.

14th ROMFORD HALF-MARATHON (HAVERING A.C.)

Under A.A.A. Laws

SUNDAY, MARCH 31st, 1974, at 3 p.m.

FROM RISE PARK, ROMFORD

Prizes first 3 Ind. and first Veterans.

Medals first 3 Teams. First Ind., Chas Allan Trophy. First Team Lockwood Trophy.

Entries: 20p per person to C. N. J. Burton, 24 Longfield Ave., Hornchurch, Essex,

BY MARCH 18th, 1974.

TONBRIDGE ATHLETIC CLUB OPEN 10 MILE ROAD RACE

SATURDAY, MARCH 9th, at 3 p.m.

Awards: first 6 Ind., first 3 Teams (4 run, 3 score), first unplaced 'B' team after 'A' team, first Veteran over 40.

Entry Fee: 20p per Ind., AAA forms only. Teams must enter as Inds. Entries to Mrs. I. Redhead, 'Flores', 65 Sandown Park, Tunbridge Wells TN2 4RT. (Tel: Pembury 2912.)

ENTRIES CLOSE FEBRUARY 27th

Northern CC Championships**Granville Beckett reporting**

Patterson Emphasises His New Status

BOB PATTERSON of Newcastle's Blaydon Harriers, capped for England in San Sebastian after his recent inter-county run, emphasised his new-found status with a handsome victory in the Northern CCA's Championships at Lightcliffe, near Halifax, on February 9th. Many of the more established performers became bogged down in a vast sea of mud as the interesting, undulating course, plotted out by Halifax Harriers, churned up into a quagmire. Patterson, a 24-year-old research worker, was clearly out to make up for lost time as he had missed most of last winter through injury. He hadn't, however, missed the Sutton Coldfield 'epic' in 1972 and his 17th placing there was a pointer for demanding conditions.

Patterson was always in the hunt at Lightcliffe. After 3M, together with the Airedale and Spen Valley pair, John Temperton and Bob Harrison, intent on engineering Bolton's downfall in the team race, he held a short lead over the defending champion Bill Robinson. The Gateshead dreadnought, who seemingly revels in rough going, moved to the front with Patterson shortly afterwards, but soon after the half-way mark Patterson broke away and went on to win by 150y. Temperton was caught on the line for second place by Patterson's training partner Bill Robinson, who closed 25y in the last 100.

Airedale and Spen Valley made a determined bid to wrest the team championship from Bolton but it was not to be. Though Bolton were behind on five scorers, Tony Byrne, the former Blackpool man, tipped the scales their way by 20 points when he convincingly beat Airedale's sixth man. National champions Gateshead, without Brendan Foster and several others, were pushed back into third place and if Bolton's Jack Haslam has his way they had better get used to the idea before Sheffield. "Who's going to beat us?", was his reply, when asked as to the Lancastrians' chances of going one better than last year in this season's English title races.

The results from the other age-groups could be

slightly misleading when assessing national form for the Northern Association changed their age-groups this year with a view to strengthening the junior bracket. The entries justified the move.

1, R. Patterson (Blaydon)	50:23
2, W. Robinson (Gateshead)	50:51
3, J. Temperton (Airedale & Spen V) ...	50:51
4, A. Blinston (Alt) 50:59; 5, R. Harrison (A&SV)	51:09; 6, P. Waddington (Liv H) 51:35; 7, D. Slater (Sky) 51:39; 8, D. Coates (M&D) 51:43;
9, M. Baxter (Leeds) 51:47; 10, J. Myatt (Gates)	51:56; 11, R. Wilde (M&D) 51:56; 12, J. Alder (Morp) 52:00; 13, D. Cannon (Kend) 52:03; 14, K. Darlow (Bolt) 52:05; 15, K. Carroll (Liv P) 52:21; 16, S. Kenyon (Bolt) 52:25; 17, B. Bagga-
ley (Gates) 52:30; 18, A. Dewhurst (A&SV) 52:34;	19, A. Spence (Bing) 52:37; 20, M. Coleby (Darl) 52:43; 21, K. Angus (Sheff) 52:44; 22, C. Sped-
ding (Gates) 52:56; 23, J. Calvert (B'burn) 53:04;	24, M. Freary (Bolt) 53:15; 25, J. Fox (A&SV) 53:20; 26, J. Harrison (Bolt) 53:26; 27, M. Murphy (Sal) 53:35; 28, N. Ward (Bolt) 53:39;
29, D. Farmer (Sale) 53:45; 30, W. Cooper (M&D)	53:46; 31, D. Camp (Morp) 53:49; 32, D. Mayho (A&SV) 53:53; 33, D. Lowes (Gates) 53:55; 34, A. Dell (Leeds) 53:56; 35, A. Byrne (Bolt) 53:59;
36, J. Irwin (Bing) 54:04; 37, R. Bailey (Roth)	54:08; 38, S. Edmunds (Sale) 54:16; 39, C. Barber (MAC) 54:20; 40, R. Belk (Ken) 54:22; 41, S. Clegg (Salf) 54:25; 42, K. Greenhalgh (B&R) 54:26; 43, D. Blakeley (M&D) 54:33; 44, R. Brown (Liv P) 54:35; 45, A. Charnley (Roth) 54:38; 46, R. Duerden (Sheff) 54:39; 47, A. Mor-
ley (B&R) 54:40; 48, H. Matthews (Els) 54:41;	49, J. Crehen (Sutt) 54:42; 50, L. Carroll (Wirr) 54:48;
51, D. Coker (Heat) 54:56; 52, J. Pearson (Morp) 54:57; 53, B. Pickersgill (Wake) 54:58;	54, P. Rawnsley (Sheff) 54:59; 55, E. Ranicar (Bolt) 54:59; 56, D. Quinlan (Long) 55:02; 57, T. Pugh (Hall) 55:03; 58, T. Harper (Wirr) 55:06;
59, D. Anderson (Bing) 55:08; 60, C. Johnson (Sutt) 55:09; 61, P. Morris (M&D) 55:11; 62,	

NORTHERN ATHLETICS COACHING COMMITTEE RESIDENTIAL COACHING CONFERENCE

Middleton St. George College of Education—March 30th to 31st, 1974

The Course will cover all aspects of Athletics with lectures by National and National Event Coaches and there will be a talk on the Commonwealth Games by Carl Johnson. Letters of application, giving full name, Coaching status and Ref. No., together with the **Fee of £3.50**, to C. T. Johnson, 131 West Dene Drive, North Shields. **The closing date is March 22nd, 1974.** Cheques etc. should be made payable to the N.A.C.C. To allow for travel arrangements the Course will assemble at 10 a.m. on the Saturday and finish at 4 p.m. on the Sunday.

Support by Northern Coaches (male and female) will be appreciated for this first venture of the Northern Athletics Coaching Committee.

P. Howard (Wirr) 55:12; 63, M. Gue (Leeds) 55:13; 64, G. Lawson (M&D) 55:14; 65, J. Norman (Alt) 55:15; 66, M. Short (Hor) 55:18; 67, D. Jeffs (Wirr) 55:21; 68, M. McGann (E Ches) 55:22; 69, B. Hilton (Leeds) 55:24; 70, N. Carrington (Sale) 55:29; 71, M. Lambert (Bing) 55:31; 72, D. Watson (Wirr) 55:32; 73, K. O'Toole (Liv P) 55:35; 74, H. Symonds (Alt) 55:37; 75, B. Fletcher (Wake) 55:38; 76, W. Wardle (J&H) 55:40; 77, T. Flory (M&C) 55:41; 78, B. Mileson (Morp) 55:44; 79, J. Fretnell (Holm) 55:45; 80, K. Duckworth (A&SV) 55:46; 81, J. Edwards (A&SV) 55:48; 82, K. Garrett (Clay) 55:52; 83, V. Regan (Bolt) 55:54; 84, B. Aspdon (Salf) 55:58; 85, K. Peers (Leigh) 55:59; 86, B. Sweeting (S Shields) 56:00; 87, D. Scott (Clay) 56:00; 88, G. Hulley (Sheff) 56:02; 89, M. Bateman (Morp) 56:03; 90, A. Kingham (Brad GS) 56:04; 91, D. Browne (Salf) 56:06; 92, A. White (Long) 56:07; 93, M. Starford (M&D) 56:08; 94, S. Walker (M&C) 56:10; 95, F. Rimmer (Sutt) 56:16; 96, W. Lambert (Long) 56:22; 97, D. Bagshawe (Sheff) 56:23; 98, D. Gaskell (Wake) 56:25; 99, J. Penrose (Bing) 56:30; 100, C. Vaux (M&C) 56:33;

101, P. Malcolmson (Liv P) 56:35; 102, D. Hewison (Darl) 56:36; 103, G. Entwistle (Bolt) 56:37; 104, B. Goulden (Sale) 56:38; 105, K. Mayor (Bolt) 56:40; 106, S. Deegan (Liv P) 56:42; 107, G. Young (Rown) 56:44; 108, D. Cockburn (Sale) 56:45; 109, D. Fleming (Brad Un) 56:47; 110, K. Maughan (M&C) 56:48; 111, E. Williams (Leeds) 56:50; 112, N. Jerome (M&C) 56:51; 113, S. Jonsson (Durh Un) 56:53; 114, J. Jones (M&D) 56:55; 115, S. Brook (Cty Hull)

56:57; 116, K. Carr (Sund) 56:57; 117, E. Crossland (Holm) 56:59; 118, P. Weatherhead (Wirr) 57:00; 119, R. Brook (Holm) 57:01; 120, W. Dance (Long) 57:02; 121, K. Binks (M&D) 57:06; 122, C. Rigby (Liv P) 57:07; 123, A. Burch (B'burn) 57:09; 124, H. Kelly (E Ches) 57:12; 125, N. Whiteside (Salf) 57:13; 126, C. Haggie (Gos) 57:15; 127, W. Padgett (Bing) 57:16; 128, D. Dixon (Sund) 57:17; 129, H. Rhys (Leeds) 57:17; 130, R. Heys (B'burn) 57:17; 131, J. Newsome (Wake) 57:19; 132, E. Hudspith (Morp) 57:20; 133, M. Smith (Bing) 57:22; 134, B. Woods (Seft) 57:25; 135, D. Gregory (Sheff) 57:30; 136, A. Walsham (Salf) 57:33; 137, A. Ascott (Liv H) 57:37; 138, P. Minshull (M&D) 57:38; 139, B. Boxen (M&D) 57:38; 140, D. Telford (Stret) 57:42; 141, J. Harper (Liv H) 57:48; 142, M. Newell (Morp) 57:51; 143, J. Crafer (Bing) 57:52; 144, P. Whitaker (Holm) 57:56; 145, P. Doherty (Stret) 58:00; 146, P. Drinkwater (Alt) 58:01; 147, A. Pagett (Bing) 58:07; 148, D. Walton (Alt) 58:09; 149, G. Entwistle (M&D) 58:13; 150, R. Hobson (Hall) 58:14.

Teams:

	Pts
1, Bolton	(14, 16, 24, 26, 28, 35) 143
2, Airedale & Spen Valley	(3, 5, 18, 25, 32, 80) 163
3, Gateshead	(2, 10, 17, 22, 33, 175) 259
4, Manchester & Dist	(11, 30, 43, 61, 64, 114) 323
5, Morpeth	(12, 31, 52, 78, 89, 132) 394
6, Bingley	(19, 36, 59, 71, 99, 129) 411
7, Leeds City 415; 8, Wirral 427; 9, Sheffield Utd 442; 10, Liverpool Pembroke 461; 11, Middlesbrough & Cleveland 482; 12, Salford 505.	

HAVERING ATHLETIC CLUB**4th Annual Women's Road Relays**

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

At Sanders Draper School (formerly Suttons School) Suttons Lane, Hornchurch, Essex.

SATURDAY, MARCH 23rd**First Race 2 p.m.****Girls 3x2400 Metres Relay****Juniors 3x2400 Metres Relay****Inters. 3x2400 Metres Relay****Seniors 4000 Metres Road Race**

(Individual and Team, 3 to score)

Perpetual Trophies all groups. **Awards:** (Road Race) 1st, 2nd, 3rd Inds. team awards according to entries. **Fees:** 40p per Relay team, 15p per Road Race individual.

Entries close Monday, March 11th, to Mr J. W. Naylor, 34 Newmarket Way, Hornchurch, Essex. (Tel: Hornchurch 40216.)

3rd Annual Boy's Easter Relays

(Under A.A.A. Rules)

At Hornchurch Stadium, Hornchurch, Essex.

GOOD FRIDAY, APRIL 12th, at 2 p.m.**Minor Boys 4x1½ Miles****Colts 4x1½ Miles****Boys 4x1½ Miles**

(Ages as on 1.9.73)

Fees: 50p per team to Mr D. Bland, 29 Warley Mount, Brentwood, Essex. **Entries close Monday, April 1st.**

Juniors

1, N. Sloane (Blackpool)	35:32
2, G. Forster (Sunderland)	35:39
3, J. Longthorn (Bradford GS)	35:46
4, L. Riley (Sale) 35:56; 5, A. Buckley (Holm) 36:03; 6, R. Cox (Cty Hull) 36:05; 7, M. Deegan (Old) 36:08; 8, R. May (A&SV) 36:17; 9, A. Hitchen (Wake) 37:05; 10, G. Reynolds (Sheff) 37:06; 11, G. Ellis (Holm) 37:13; 12, S. Howcroft (Leigh) 37:14; 13, D. Smith (Hall) 37:14; 14, P. Kennedy (Liv H) 37:18; 15, E. Irvine (A&SV) 37:19; 16, R. Davies (MAC) 37:21; 17, J. Colquhoun (Blay) 37:23; 18, S. Renny (Cty Hull) 37:23; 19, D. Edge (B'pool) 37:28; 20, B. James (Cty Hull) 37:29; 21, M. Nolan (MAC) 37:29; 22, M. Farral (Cty Hull) 37:30; 23, D. Kelly (Salt) 37:33; 24, J. Todd (A&SV) 37:36; 25, S. Scargill (Cty Hull) 37:43; 26, R. Cartwright (Gates) 37:50; 27, G. Tarry (Leeds Un) 37:51; 28, S. Reynell (Brad G) 37:53; 29, T. Souter (Brad G) 37:55; 30, N. Jepson (MAC) 37:58; 31, C. Cope (Sheff) 37:58; 32, G. Sivell (Gates) 38:00; 33, J. Devaney (Cty Hull) 38:00; 34, A. Amos (Gates) 38:03; 35, A. Armitage (A&SV) 38:05; 36, S. Irvine (Gates) 38:06; 37, P. McEvoy (Liv H) 38:12; 38, P. Munn (Sheff) 38:13; 39, P. McDaid (Salt) 38:20; 40, J. Booth (Leeds Un) 38:29; 41, J. O'Brian (MAC) 38:34; 42, B. Gemson (L&M) 38:35; 43, A. Wynn (Salt) 38:43;	

continued on page 26

Bolton Unbeatable On Their Home Ground

At Bolton, January 27th

BOLTON UNITED HARRIERS showed their supremacy in Lancashire by virtually 'running away' with the East Lancashire Championships on their home ground at Leverhulme Park on January 27th. The decision to hold it on a Sunday rather than Saturday was a huge success as one of the biggest crowds seen at a cross-country race in these parts turned up. The much 'in form' Alan Blinston used his basic speed to pull 10 seconds away from Steve Kenyon with Mike Freary holding on to 3rd. The run of the day must surely go to Ricky Wilde who started 2 minutes behind the field and ended up 16th, a remarkable feat and one cannot help asking where he would have finished had he started on level terms.

J. V. Regan

1, A. Blinston (Altrincham) 34:29
2, S. Kenyon (Bolton) 34:39
3, M. Freary (Bolton) 35:12
4, D. Allen (Man) 35:15; 5, J. Harrison (Bolt) 35:24; 6, L. Reilly (Sale) 35:32; 7, M. Murphy (Sal) 35:36; 8, A. Byrne (Bolt) 35:41; 9, D. Farmer (Sale) 35:46; 10, K. Darlow (Bolt) 35:51; 11, C. Barber (Man) 35:53; 12, S. Clegg (Salf) 35:54; 13, J. Norman (Alt) 35:56; 14, C. Leigh (Salf) 35:57; 15, W. Cooper (Man & D) 36:00; 16, R. Wilde (Man & D) 36:05; 17, D. Blakeley (Man & D) 36:10; 18, N. Ward (Bolt) 36:15; 19, J. Calvert (B'burn) 36:27; 20, C. Halstead (B'burn) 36:34; 21, S. Edmunds (Sale) 36:36; 22, K. Peers (Leigh) 36:40; 23, D. Gee (Man) 36:44; 24, H. Walker (B'burn) 36:48; 25, J. Jones (M&D) 37:00; 26, N. Carrington (Sale) 37:04; 27, K. Mayor (Bolt) 37:07; 28, G. Lawson (M&D) 37:08; 29, S. Curran (Salf) 37:10; 30, G. Davies (Sale) 37:15; **Teams:** 1, Bolton 46; 2, Sale 124; 3, Salford 131; 4, Manchester & Dist 132; 5, Manchester AC 174; 6, Blackburn 214.

Juniors

1, A. Settle (Sale) 27:51; 2, L. Valentine (Sale) 28:07; 3, A. Etchells (Man) 28:30; 4, M. Nolan (Man) 29:05; 5, J. McDonald (Man U) 29:07; 6, A. Mottershead (Man) 29:19; 7, W. Greenhalgh (Leigh) 29:23; 8, C. Belnavis (Sale) 29:42; 9, R. Chaisty (Bury) 29:45; 10, K. Lancaster (Hor) 29:48; **Teams:** 1, Sale 22; 2, Manchester AC 36; 3, Manchester Un 52.

Boys

1, M. Bateman (B'burn) 10:02; 2, P. Boswell (Sale) 10:17; 3, S. Caldwell (Bolt) 10:19; 4, A. Harratt (Old) 10:31; 5, M. Lovell (Sale) 10:42; 6, B. Eden (Man) 10:45; 7, S. Fairclough (Ross) 10:48; 8, M. Crankshaw (Bury) 10:52; 9, S. Hampson (Sale) 10:53; 10, S. Hughes (Sale) 10:54; **Teams:** 1, Sale 26; 2, Manchester AC 47; 3, Bolton 62; 4, Stretford 117; 5, Salford 131; 6, Oldham & Royton 135.

Colts

1, S. Marston (Stret) 7:43; 2, P. Northrop (Man) 7:54; 3, C. McKenzie (Man) 8:11; 4, A. Okell (Sale) 8:14; 5, N. Gribble (M Hill) 8:15; 6, A. Taylor (Man) 8:18; 7, N. Peach (M Hill) 8:19; 8, M. Aspinall (Ross) 8:19; 9, M. Scamlon (Sale) 8:20; 10, R. Pettengell (M Hill) 8:21; **Teams:** 1, Manchester AC 25; 2, Marple Hill GS 45; 3, Stretford 52; 4, Sale 53; 5, Bury & Radcliffe 81; 6, Rossendale 82.

FERRIBY '10'

January 19th

1, E. Crosland (Holmfirth) 50:46
2, J. Newsome (Wakefield) 51:01
3, W. Wilkinson (Rowntrees) 51:09
4, J. Craven (Rown) 51:11; 5, P. Moon (Hull S) 51:42; 6, B. Short (Cty Hull) 51:48; 7, F. McGuire (B'pool) 51:53; 8, D. Gaskell (Wake) 52:50; 9, S. Brook (Cty Hull) 53:13; 10, P. Flatman (E Hull) 53:35; 11, G. Young (Rown) 54:05; 12, A. Hudson (B'pool) 54:19; 13, J. Crafer (Bing) 54:24; 14, B. Ellis (Wake) 54:38; 15, T. Kilmartin (Rown) 54:42; 16, T. Ramsden (Holm) 54:50; 17, P. Pickersgill (Wake) 55:03; 18, C. Voden (Cty Hull) 55:08; 19, T. Hunter (Hull S) 55:20; 20, M. Weeks (Bing) 55:28; 21, B. Fletcher (Wake) 55:29; 22, P. Jarvis (Cty Hull) 55:37; 23, B. Moxon (Wake) 55:45; 24, S. Beardsley (Holm) 55:57; 25, K. Kenyon (B'pool) 56:08; **Teams:** 1, Rowntrees 18; 2, Wakefield 24; 3, City of Hull 33; 4, Holmfirth 41; 5, Blackpool 44; 6, Hull Spartan 54; 7, Bingley 60; 8, East Hull 93; 9, Hull Un 152; 10, Lincs C&C 177; 11, Spen & Dist 180; 12, A&SV 234.

If there are any UK Veteran Track & Field athletes interested in the possibility of a tour this summer taking in the Canadian Masters Championships (June 29th/30th in Vancouver) and the US Masters Championships (July 5th/7th) will they please write to F. C. H. Smith, 26 Sunnymede, Chigwell Row, Essex. State age-group, events/1973 times/distances and whether you can manage three weeks away as opposed to two. Athletes should bear in mind that there will almost certainly be an official GB party travelling to Canada next year to compete in the First Masters Track & Field World Championships, so they may prefer to save and wait until 1975.

Ron Holman, Southern Counties AAA Staff Coach, is in the process of organising the Southern Middle and Long Distance Coaching Conference on March 24th (from 10.30 am). As yet no venue has been decided. The programme is as follows:— (am) Denis Watts (Principal National Coach) and Harry Wilson (National Event Coach) will present their 4 year plan; (pm) It is hoped that some of our leading performers in Christchurch will be interviewed. There will be ample time for questions and discussion from the floor. The fee is 50p.

The Women's Amateur Athletic Association

would welcome at their

ANNUAL GENERAL MEETING

on

Saturday, 2nd March, 1974

at the

**BASIL STREET HOTEL,
Knightsbridge, SW1**

at 2.15 pm.

the anonymous perpetrator of the recent full page advertisements in Athletics Weekly on 2nd and 9th February, 1974, as well as all those who are genuinely concerned with the well being of British Athletics.

NORTHERN CC continued from page 23

44, J. Woods (Liv H) 38:46; 45, G. Howes (M&C) 38:52; 46, T. Dawson (Salt) 38:54; 47, J. Turner (Wake) 38:59; 48, C. McHugh (Stock) 39:00; 49, R. Chaisty (Bury) 39:02; 50, L. Smith (Sale) 39:03.

Teams:

1, City of Hull (6, 18, 20, 22) 66
2, Airedale & Spen Valley ... (8, 15, 24, 35) 82
3, Manchester AC (16, 21, 30, 41) 108
4, Gateshead 128; 5, Bradford GS 128; 6, Sheffield Utd 136; 7, Saltwell 151; 8, Liverpool H 154; 9, Leeds Un 184; 10, Sale 193; 11, Wakefield 206; 12, Liverpool P 241; 13, Army App 376.

Youths

1, A. Ulrick (Holmfirth) 23:53
2, M. Plant (Manchester AC) 23:55
3, M. Price (City of Hull) 24:15
4, M. Bateman (B'burn) 24:29; 5, A. Howden (Hal) 24:31; 6, P. Boswell (Sale) 24:36; 7, J. Varsity (Bing) 24:37; 8, M. Farrell (Sheff) 24:38; 9, S. Coldwell (Bolt) 24:44; 10, M. Taylor (Sheff) 24:48; 11, C. Tidmarsh (Ken) 24:51; 12, J. Croley (Bing) 24:53; 13, L. Nicholson (SS) 24:53; 14, P. Gaytor (Sale) 24:53; 15, N. Holliday (SS) 24:53; 16, S. Wrathmall (Sund) 24:58; 17, C. Holland (A&SV) 25:00; 18, R. Douglas (Army) 25:01; 19, K. Harrison (Stret) 25:05; 20, J. Brown (Gos) 25:07; 21, D. Johnston (SS) 25:08; 22, C. Weston (Sheff) 25:08; 23, A. Eaton (Warr) 25:08; 24, G. Wallace (M&C) 25:19; 25, S. Cahill

Pts

(Leeds) 25:20; 26, P. Shaw (Sheff) 25:21; 27, I. Davison (Salt) 25:22; 28, G. Hemblade (M&C) 25:22; 29, P. Standing (Bolt) 25:31; 30, G. Helm (Leigh) 25:35; 31, B. Eden (MAC) 25:36; 32, J. Mills (Gates) 25:37; 33, W. Painter (Sale) 25:39; 34, P. Staines (Army) 25:40; 35, G. Broster (MAC) 25:43; 36, S. Walker (Bing) 25:46; 37, M. Dwyer (Liv H) 25:49; 38, P. Campbell (Bolt) 25:50; 39, J. Greenwood (B&F) 25:52; 40, G. Lawon (Salt) 25:54;

41, A. Rawcliffe (B'burn) 25:54; 42, N. Casson (L&M) 25:56; 43, S. Lancashire (Wirr) 25:59; 44, S. Wrigley (Gates) 26:00; 45, J. Wimmppy (Holm) 26:02; 46, C. Jones (SS) 26:02; 47, P. Don (Warr) 26:02; 48, P. Gaytor (Sale) 26:04; 49, B. Leddicote (Gates) 26:04; 50, A. Rawson (A&SV) 26:08; 51, G. Chambers (Warr) 26:08; 52, K. Nicholls (NS) 26:08; 53, D. Wilkinson (Brad) 26:08; 54, A. Bush (Clay) 26:08; 55, I. Elliott (Liv P) 26:13; 56, S. Hughes (Sale) 26:13; 57, S. Fairclough (Ross) 26:13; 58, J. Cowling (Brad) 26:13; 59, P. Fitzhenry (Sutt) 26:13; 60, M. Naldrett (MAC) 26:13; 61, J. Baxter (Hall) 26:15; 62, S. Brown (Sheff) 26:15; 63, J. Sinclair (Morp) 26:15; 64, M. Jackson (Roth) 26:15; 65, M. Tighe (Sale) 26:15; 66, A. Wears (Jarr) 26:19; 67, P. Turner (Bolt) 26:19; 68, M. Smith (Sheff) 26:19; 69, P. Ging (Els) 26:20; 70, K. Pickersgill (Brad) 26:24; 71, A. Pattison (Hal) 26:25; 72, D. Walker (Army) 26:26; 73, B. Griffiths (Liv P) 26:26; 74, D. Hall (P&B) 26:26; 75, J. Mills (Gates) 26:29.

Teams:

1, Sheffield Utd (8, 10, 23, 27) 68
2, Sale (6, 14, 34, 49) 103
3, Manchester AC (2, 32, 36, 61) 131
4, Warrington 139; 5, Gateshead 146; 6, Bolton 146; 7, Halifax 190; 8, South Shields 191; 9, Holmfirth 259; 10, Bradford GS 263; 11, Liverpool P 293; 12, Middlesbrough & Cleveland 295.

Boys

1, S. Ogden (Warrington) 14:39
2, N. Lawson (Gateshead) 14:40
3, C. Knight (Gateshead) 14:42
4, G. Maddieson (Gates) 14:43; 5, S. Parr (Gates) 14:44; 6, R. Peasegood (Cty Hull) 14:45; 7, A. Harratt (O&R) 14:47; 8, R. Sinclair (Hall) 14:51; 9, E. Walsh (Bing) 14:53; 10, G. Lisgo (Gates) 14:59; 11, T. Fieldsend (Hall) 15:02; 12, S. Wolstenholme (A&SV) 15:04; 13, K. Bell (A&SV) 15:08; 14, J. Kennedy (Bing) 15:10; 15, D. Bird (Morp) 15:10; 16, D. Gouldbourne (Liv P) 15:14; 17, D. Smith (MAC) 15:20; 18, M. Upton (Wake) 15:23; 19, J. Metcalf (Wake) 15:24; 20, M. Burgess (Sale) 15:26; 21, S. Matthews (Holm) 15:28; 22, N. Mackay (Bfd GS) 15:30; 23, — 15:30; 24, S. Phillips (MAC) 15:31; 25, G. Wilson (MAC) 15:31; 26, R. Harrison (Liv H) 15:33; 27, P. Knowles (Clay) 15:33; 28, D. Pickering (Gos) 15:33; 29, M. Crankshaw (B&R) 15:34; 30, S. Durkins (Hal) 15:36; 31, P. Walker (Clay) 15:38; 32, S. Hampson (Sale) 15:40; 33, K. Hemmingway (Darl) 15:40; 34, G. Moffat (Ken) 15:41; 35, I. Adams (Sutt) 15:42; 36, C. Swinhoe (Blay)

**ROAD RUNNERS' CLUB**

FOR THE
ATTENTION
OF ALL MEMBERS

1. 'DRUGS IN SPORT', a lecture by Professor A. H. Beckett, D.Sc., Ph.D., F.R.I.C., F.P.S., at Chelsea College, Manresa Road, Chelsea, S.W.3., on Thursday, March 7th, at 7 p.m.

Non-members will be welcome. Admission by ticket only. Tickets (free) from J. H. Fenn, 27 Cleveland Road, South Woodford, E.18. Stamped Addressed Envelope please. Apply for tickets now, seats are limited.

2. Have you returned your **Grand National Sweepstake** counterfoils? **DO NOT DELAY!** The closing date is Saturday, March 23rd. **DO IT NOW!**

3. Please contribute generously to the 'Ernest Neville' Memorial Fund and help us to provide a trophy worthy of the memory of our Founder.

Peter Goodsell,
Hon. General Secretary

15:43; 37. C. Grace (Wake) 15:44; 38. P. Johnson (Cty Hull) 15:45; 39. C. Walker (Bing) 15:45; 40. G. Baker (Cty Hull) 15:45; 41. S. Kerningham (Liv P) 15:50; 42. D. Cohen (Brad) 15:51; 43. N. Malone (Liv P) 15:52; 44. M. Brown (Darl) 15:53; 45. C. Elliott (Salt) 15:53; 46. K. Capper (L&M) 15:54; 47. M. Flynn (Stret) 15:55; 48. M. Denny (Warr) 15:56; 49. M. Turnstall (Wall) 15:57; 50. R. Holdsworth (Hal) 15:57.

Teams:	Pts
1. Gateshead	(2, 3, 4, 5) 14
2. Bingley	(9, 24, 39, 51) 113
3. Manchester	(17, 24, 25, 63) 129
4. Wakefield 158; 5. Hallamshire 175; 6. City of Hull 187; 7. Liverpool P 196; 8. Leeds City 206; 9. Sale 221; 10. Bradford GS 223; 11. Aire-dale & Spen Valley 226; 12. Holmfirth 26.	

Northern Women's CC Championships

At Blackburn, February 9th

1. C. Tranter (Stretford)	22:34
2. J. Lockhead (Airedale & Spen V)	23:01
3. S. Brown (Stoke)	23:09
4. R. Young (B'burn) 23:20; 5. M. Ashcroft (Wall) 23:31; 6. B. Majumdar (Wall) 23:33; 7. J. Haigh (Long) 23:37; 8. T. Wild (Sale) 23:43; 9. H. Matthews (B'burn) 23:55; 10. A. Colley (Stret) 24:31; 11. J. Asgill (Stret) 24:34; 12. J. Poyner (Stret) 24:36; 13. V. Cole (Long) 25:02; 14. M. Belk (A&SV) 25:09; 15. D. Coward (Stret) 25:19; 16. M. Hodson (Bury) 25:32; 17. S. Brown (Sheff) 25:42; 18. L. Hughes (Sale) 2:53; 19. L. Bateman (Blay) 25:54; 20. R. Carthey (Hall) 25:58; 21. J. Ingram (Ross) 26:05; 22. N. Campbell (Blay) 26:12; 23. S. Walsh (Bury) 26:17; 24. A. Lawson (Stret) 26:27; 25. K. Holden (Pres) 26:35; 26. M. Grainger (Bury) 26:38; 27. G. Baldwin (Stret) 26:41; 28. M. Brown (Hough) 26:58; 29. A. Wilson (Hall) 27:05; 30. M. Caldwell (Wall) 27:11.	

Teams: 1, Stretford 34; 2, Wallasey 72; 3, Longwood 98; 4, Bury & Radcliffe 101.

Intermediates

1. S. Holmes (Warrington)	15:03
2. C. Hanson (Derby)	15:13

BLACKHEATH HARRIERS WINTER TRACK MEETING CRYSTAL PALACE, SUNDAY, MARCH 24th Start 1 p.m.

Events: Senior 100m, 300m, 600m, 1000m, 3000m, 2000mSC, HJ, LJ, PV, SP, DT, JT. Junior 100m, 300m, 600m, 1000m, HJ, LJ, PV, SP, DT, JT. Youth 100m, 300m, 600m, 1000m, HJ, LJ, PV, SP, DT, JT. Boys 100m, 600m, 1000m. Fees (cover track hire): 15p Seniors, 10p others. Entries by letter to R. Taylor, 'Stone-ley', 14 Denbridge Road, Bickley, Kent BR1 2AG (Tel: 01-467 6466) by March 20th.
NO PRIZES—ONLY TIMES

3. M. Leisk (Hull Spartan) 15:20
4. J. Williamson (Sale) 15:24; 5. A. Robinson (Sale) 15:30; 6. F. Wishart (NSP) 15:33; 7. B. Schofield (Sale) 15:35; 8. J. Colebrook (Scun) 15:36; 9. S. Dean (Long) 15:46; 10. P. Fish (NSP) 16:00; 11. J. Clarke (Sheff) 16:06; 12. S. Simpkin (Old) 16:07; 13. E. Foster (Bury) 16:08; 14. T. Colebrook (Scun) 16:20; 15. S. Holdsworth (Long) 16:21; 16. M. Worth (A&SV) 16:22; 17. A. Rodmell (Hull S) 16:24; 18. J. May (Ross) 16:29; 19. K. Strange (Warr) 16:32; 20. S. Studholme (Lanc) 16:34; 21. J. Boydell (Stret) 16:35; 22. S. Smart (Sutt) 16:43; 23. S. Smith (NSP) 16:50; 24. S. Franklin (Der) 16:55; 25. A. Lewis (Salt) 16:59; 26. R. Pilkington (Linc W) 17:02; 27. G. Pile (Sale) 17:05; 28. K. Leathers (Rock) 17:07; 29. S. Gent (Leeds) 17:08; 30. J. Milligan (Bury) 17:13.

Teams: 1, Sale 43; 2, Longwood 93; 3, Warrington 104; 4, Bury & Radcliffe 155; 5, Lancs & Morecambe 160; 6, Pilkingtons 188.

(Juniors & Girls results next week)

KING HENRY VIII 6x2M RELAY

At Coventry, January 30th

1. Lenzie Academy, Glasgow (T. Paterson 12:01, R. Craig 12:47, D. McLeod 12:26, E. McNair 12:36, I. Murray 12:15, J. Fleming 12:00) 74:05;

2. Cheadle Hulme Sch (M. Jones 12:35, D. Waide 12:41, C. Burnett 12:31, N. Singleton 13:07, S. Mallalieu 12:34, R. Davies 11:52) 75:20;

3. Bishop Vesey's GS (N. Cotterill 12:12, R. Genever 13:09, R. Paxton 12:47, N. Marshall 12:55, S. Cleaver 12:30, R. Melton 11:59) 75:32;

4. Abbeydale Grange 75:59; 5. King Henry VIII 76:00; 6. Market Harborough 76:42; 7. Dr Challoner's 76:47; 8. Kingswood 76:52; 9. St Albans 77:00; 10. Coleraine, NI 77:22; 11. Anfield 77:34; 12. Harrow Cty 77:35; 13. Cheadle Moseley 77:43; 14. High Pavement 78:15; 15. St Edwards Coll 78:38; 16. West Park 79:03; 17. Haberdashers Aske's 79:05; 18. Denstoe Coll 79:07; 19. Sir Thomas Rich 79:22; 20. Ullathorne 79:30. 39 teams closed in.

Fastest: R. Callan (Mkt H) 11:18; R. Pepper (Haber) 11:27; K. Dumbleton (St A) 11:32; R. Davies (CH) 11:52 and S. Coe (Abbey) 11:52; N. Jepson (Chead) 11:54.

SUTTON H. & A.C. (ST. HELENS) ANNUAL SUTTON ROAD RACES (Under A.A.A. Rules)

SATURDAY, MARCH 16th, 1974

2.30 p.m. Boys 4km. Fees: Team 25p, Ind 10p. Plaques 1st 3 Inds., 1st 3 Teams (4 score).

3.00 p.m. Senior 12km Open Road Race. Fees: Team 40p, Ind. 20p. Prizes: (value) 1st £5, 2nd £3, 3rd £1, Teams 4 at £2, 4 at £1.50, 4 at £1. Entries on A.A.A. forms (all enter as Inds.) to R. Adams, 91 Sandringham Drive, St. Helens.

ENTRIES CLOSE SATURDAY, MARCH 2nd

THURROCK HARRIERS YOUNG ATHLETES CROSS-COUNTRY RELAYS

At Corringham, January 20th

Youths (3 x 2M)

1, North London (D. Gregory 11:44, P. Holland 11:05, M. English 11:01) 33:50 (Rec); 2, Havering (A. Murphy 11:34, P. Mylrea 11:26, C. Smith 11:30) 34:30; 3, Aldershot (P. Rezin 11:41, J. Hood 11:51; S. Barnshaw 11:19) 34:52. 8 teams finished. **Fastest:** M. English 11:01; P. Holland 11:05; C. Leahy (EB) 11:07.

Boys (3 x 1M)

1, Shaftesbury (J. Broe 5:17, C. Felsenstein 5:20, P. Collins 5:30) 16:07; 2, Essex Beagles (J. Lay 5:22, P. Kemp 5:32, P. Nicholas 5:19) 16:13; 3, Thurrock (S. Baldry 5:28, G. Edwards 5:34; E. Martin 5:16) 16:18; 4, Essex B 'B' 17:03; 5, Kent AC 17:20; 6, Thurrock 'B' 17:20. 13 teams finished. **Fastest:** E. Martin 5:16; J. Broe 5:17; P. Nicholas 5:19.

Colts (3 x 1M)

1, Essex Beagles (R. Chapman 5:47, P. Findley 5:59, G. James 5:29) 17:15; 2, Orange Hill (S. Walton 5:54, J. Kaye 5:42, N. Golding 5:40) 17:16; 3, Walthamstow (E. Emms 5:55, L. Smith 5:52, S. Surridge 5:56) 17:43; 4, Aldershot 18:06; 5, Westcliff 18:10; 6, Kent AC 18:33. 24 Teams finished. **Fastest:** G. James 5:29; C. White (Med) 5:37; N. Golding 5:40.

U/12 Boys (3 x 1M)

1, Thurrock (I. Robery 6:27, G. Smart 6:16, J. Abbott 6:12) 18:55 (Rec); 2, Collingwood (R. Sweatman 6:31, P. Bowler 6:26, D. Swain 6:49) 19:46; 3, Thurrock 'B' (C. Hines 6:36; R. Smart 6:25, D. Harrison 6:47) 19:48; 4, Thurrock 'C' 20:54; 5, Woodford Green 21:16; 6, Aldershot 21:20. 33 teams finished. **Fastest:** J. Abbott 6:12; G. Smart 6:16; R. Smart 6:25.

Intermediate Women (3 x 1M)

1, Thurrock (J. Norris 6:47, R. Hill 7:23, S. Hines 6:01) 20:11; 2, Thurrock 'B' (L. Martin 6:40, S. Geeves 8:15, W. Gayford 8:43) 23:38. Only 2 teams finished.

JARROW & HEBBURN A.C.

present the

LADBROKE ROAD RACE FESTIVAL

Sponsored by Ladbrokes

SATURDAY, APRIL 6th, 1974

Senior 6½ miles; Youths 3 miles; Boys 2 miles; Colts 2 miles; Senior Ladies 2 miles; Junior Ladies 1½ miles.

100 PRIZES

Details from R. Charlton, 71 Hill Park Road, Jarrow, Co. Durham. (Phone: Jarrow 898718.)

ENTRIES CLOSE MARCH 20th, 1974

European Championships

Rome, September 1/8

There are still a few places left on our party travelling to Rome at the end of August. The ten-day tour is nearly full, but anyone who has not already booked for either tour and would like to join the AW Party should write to David Dryer, 4S Sports at once. Stadium tickets are available to members of the party.

1. A ten-day tour departing August 31st and returning September 9th. Accommodation in good class hotel in Rome on half-board basis. Also included in the price are coach transfers to and from the Airport and hotel. **£83 approx.**
2. A 15-day tour departing Aug 30th or 31st and returning on September 14th or 15th, with ten days in Rome and five days in the lovely coastal resort of Sorrento. The price includes all coach transfers as above, plus transfer to and from Sorrento. Accommodation in good class hotel in Rome on half-board basis, and full board in Sorrento. **£120 approx.**

Places may be reserved on payment of £5 deposit. Write to David Dryer ('AW' Tour), 4S Sports, Africa House, 64/78 Kingsway, London, WC2.

As with all trips abroad, a small surcharge will be made on these original prices.

Junior Women (3 x 1M)

1, Thurrock (K. Goodley 6:27, E. Abbott 6:26, D. Bell 6:30) 19:23; 2, Basildon (C. Impy 6:11, C. Allen 6:51, D. King 6:40) 19:42; 3, Basildon 'B' (C. Hawthorne 6:46, K. Perry 7:03, V. Slowly 7:57) 21:46. 9 teams finished. **Fastest:** C. Impy 6:11; E. Abbott 6:26; K. Goodley 6:27.

Minor Girls (3 x 1M)

1, Thurrock (J. Robery 6:59, D. Crudginton 6:55, C. Brown 6:24) 20:18 (Rec); 2, Thurrock 'B' (Z. Hines 7:50, R. A. Hill 7:18, S. Gray 6:31) 21:39; 3, Basildon (S. Harding 7:09, J. Smith 7:44, B. Glitz 8:35) 23:28. 11 teams finished. **Fastest:** C. Brown 6:24 (rec); S. Gray 6:31; D. Crudginton 6:55.

LONDON FIRE BRIGADE ATHLETIC ASSOCIATION

Entries are cordially invited for:

'ROUND THE BRIDGES' OPEN INVITATION ROAD RELAY (4x3 Miles)

Holders: Met Police 'A' (57m 42s)

At Fire Brigade Headquarters,
Albert Embankment, S.E.1.

Sunday, March 10th, 1974, at 11 a.m.

Entry Free on A.A.A. entry forms to P. B. Carr, Room 214, London Fire Brigade Headquarters, Albert Embankment, London SE1 7SD.

Closing Date Friday, March 1st, 1974

WALKING

SPECTACULAR RETURN BY STEVE GOWER

SPREADEAGLING the field in grand style, Steve Gower returned to competition with a clear cut victory in the Essex League '10' at Basildon on January 26th. Gower overtook fast starting John Webb, who was on his home course, to go on and win by over a quarter of a mile. Amos Seddon held third from Roger Mills, who was troubled by shin soreness. Further down the well spread field, Bill Sutherland showed a welcome return to better form while juniors Len Ruddock and Paul Dyble had satisfactory races. 1, S. Gower (Ilf) 72:40; 2, J. Webb (Bas) 74:40; 3, A. Seddon (Enf) 76:04; 4, R. Mills (Ilf) 76:29; 5, L. Mockett (Ilf) 78:33; 6, K. Carter (S'end) 79:05; 7, A. Banyard (S'end) 81:04; 8, W. Sutherland (High) 82:30; 9, B. Armstrong (Ilf) 82:44; 10, L. Ruddock (Ilf) 83:03; 11, G. Hunwicks (Ilf) 83:19; 12, P. Dyble (New) 83:33; 13, A. King (Ex P) 84:44; 14, M. Scammell (New) 85:31; 15, D. Shepherd (Ex P) 85:41; 16, T. Riley (Ilf) 86:32; 17, N. Mooney (Ilf) 86:32. 40 finished.

Paul Nihill over 8 minutes clear in London Vids '10' at Battersea Park, January 26th. Although relying solely on his thrice weekly running sessions, having not race walked for three weeks, Paul Nihill had nearly a mile to spare from those two super-fast vets, Len Evans and Bob McMullen, who had a close battle as usual. 1, P. Nihill (Surrey) 76:27; 2, L. Evans (Bel) 84:44; 3, R. McMullen (Bel) 85:00; 4, B. Keegan (Lon V) 85:02; 5, J. Bromley (Bel) 86:59; 6, S. Baker (Lon V) 87:52; 7, G. Ives (Lon V) 90:04. **Teams:** 1, Belgrave 21; 2, London Vids 25. **London Vids Champs:** 1, Keegan; Baker; Ives.

Eric Crompton just edges out Stuart Maidment at Chipping Sodbury, January 19th. Battling the cold wind on this undulating, one lap course, Eric Crompton—enjoying his best short distance season yet—held a 25y margin over Stuart Maidment at the finish after both had dominated the event from the start. The next seven placings were filled by Coventry and Highgate club members with the Midlands coming out on top to win the team race. In the supporting events both Maxwell and Morris showed their class while the Uxbridge and Harborne girls swept their races. 1, E. Crompton (Ley M) 76:59; 2, S. Maidment (Yeo) 77:05; 3, K. Smith (Cov G) 81:00; 4, M. Hinton (High) 81:25; 5, D. Lee (Cov G) 82:46; 6, W. Wright (Cov G) 82:47; 7, W. Sutherland (High) 84:00; 8, F. Baker (High) 84:13; 9, J. O'Brien (Cov G) 85:12; 10, T. Moore (Bris) 85:47. **Teams:** 1, Coventry Godiva 11; 2, Highgate 16; 3, Leyland Motors 26. **(Youths 3km):** 1, G. Morris (Stey) 13:57; 2, S. Miley (Harb) 14:02; 3, G. Nibre (N Shields) 14:16. **(Boys 3km):** 1, S. Maxwell (Ley) 14:35; 2, A. Blyth (Leic) 15:11; 3, S. Wilkes (Har) 15:35. **(Women's 3km):** 1, S. Saunders 16:31; 2, S.

Smith 17:27; 3, B. Strawford 18:29 (all Harborne). **(Junior 3km):** 1, F. Swannell 18:17; 2, S. Morton 18:49; 3, C. Huggins 18:53 (all Uxbridge).

Comfortable win for Amos Seddon in SCAA 3000 at Crystal Palace, January 20th. 1, A. Seddon (Enf) 13:30.4; 2, C. Fogg (Enf) 13:45.0; 3, P. Dyble (New) 14:14.0; 4, W. Sutherland (High) 14:19.0; 5, M. Scammell (New) 14:25.4; 6, L. Ruddock (Ilf) 14:27.4; 7, D. Manyard (Camb H) 14:40.0; 8, D. Sheppard (Ex P) 14:46.0; 9, R. Porter (Met WC) 14:54.2; 10, J. May (Met) 15:00.4.

Met Police v Essex Police 10M at Chelmsford, January 23rd. 1, P. Hodgkinson (Camb H/MP) 78:10; 2, C. Fogg (Enf) 78:10; 3, C. Fisher (Enf/MP) 80:12. **Teams:** 1, Met Police; 2, Essex Police; 3, Met Police Cadets.

RWA National '10'. The event will be held from the English Electric Grounds at Blaby. The course will be a three-lap one and times should be fast as there is only one appreciable climb on the circuit.

Norwegian Leading Performers, 1973: 3km track: K. Lund 22:05; J. Rolstad 22:25; D. Gassland 22:54. 10km track: J. Rolstad 44:52.4; K. Lund 45:10; T. Brustad 46:01. 20km road: K. Lund 92:30; J. Rolstad 93:04.8; T. Brustad 93:34.8. Women's 5km track: L. Jensen 25:13.2; T. Gylder 25:27.2; T. Sarperakken 25:27.4.

Excellent depth in performance at 20 and 50km in West Germany last year. The loss, through retirement, of Wesch, Nermerich and Magnor was a blow but the overall standard of last year compared well with Olympic year. 20km (U/1:40): 1972—40; 1973—30. 50km (U/5:00): 1972—54; 1973—57. Headed by the two 'greats', Kannenberg and Weidner, the Germans obviously have an elite group of eight or so, most of whom can handle both distances equally efficiently. Besides the amazing Weidner, veterans are well served with Karl-Heinz Hartwig (born 1932) and Lothar Nitzsche (1934) while Walter Drubler (1953) and Hannes Goggelmann (1954) (99:42) ensure there is plenty of youthful talent coming along. With no less than 166 men inside 1:50 in 1972 and 82 ducking under 5:20 last year it is obvious the sport now has a strong hold in the West German clubs. When one considers only 45 broke 1:50 and a mere 23 clocked better than 5:20 in 1964 the past decade certainly has seen a big breakthrough.

20km leading performers: 87:18.8 B. Kannenberg, 88:57.0 G. Weidner (V), 93:03.2 H. Mayr, 93:26.0 J. Muller, 93:33.0 S. Richter, 94:23.0 G. Schuth, 94:32.6 H. Stolle, 94:40.8* H. J. Paul, 94:41.0 H. Michalski, 94:50.0 J. Schonfeld. (*distance suspect) 50km: 3:56:50.8 Kannenberg, 4:01:58.4 Weidner (V), 4:15:52.0 H. Schubert, 4:18:04.0 L. Frey, 4:20:28.2 J. Schonfeld, 4:21:04.8 Schuth, 4:21:58.6 Michalski, 4:28:25.2 L. Mildner, 4:31:44.6 H. Koch, 4:33:00.2 W. Drobler.

Colin Young

Great Walking by John Warhurst and Roy Thorpe in Commonwealth '20'. With their preparation obviously paying off perfectly, the two Sheffield club-mates dominated the race with John proving the stronger over the last 5 miles. A vastly improved Ian Hodgkinson, looking much stronger than in his Manx days, put up spirited resistance but was eventually worn down by Peter Fullager and fellow islander Graham Young. Most of those who know Peter will be certain that he will be disappointed with third but he obviously put in a well judged effort and certainly needed it to hold off the revelation of the event, Graham Young. The diminutive Manx postman walked his finest race yet and certainly repaid the efforts and generosity of his fellow islanders who have sent a full complement of three to all three events so far held. The remainder of the home contingent had disappointing races, particularly when compared with the brilliant efforts of John and Roy for whom the race must have gone like clockwork.

Czech leading performers (1973). 20km Road: J. Bencik 90:28.0; M. Bartos 91:10.0; A. Bilek 91:12.6. **(20km Track):** Bilek 94:22; H. Putz 96:02; M. Vala 96:09.

Swiss best performers (1973). 10km Track: R. Pfister 46:04; H. Fenner 46:47; F. Monney 47:31. **(20km Road):** Pfister 94:21; R. Wolfsberger 95:58; Fenner 97:34. **(50km Road):** A. Badel 4:39:12; M. Valloton 4:40:38; M. Grob 4:43:16.

Dave Stevens repeats win in Stock Exchange 7M Champs, at Regents Park, January 26th. Retaining his title, Dave Stevens continued to show his much improved form with a win in fast time. Pat Rodgers dropped a place as John Nye improved to second. 1, D. Stevens (Stey) 53:38; 2, J. Nye (Sy); 3, P. Rodgers (S'end).

Colin Young

GARNET 10 MILES

Having been responsible for much of the local organisation, it was a thoroughly deserving victory for local man Grenville Biddulph in this year's Garnet 10 miles championship at Haywards Heath on February 2nd. After Southern Junior Road Champion Steve Daultrey had led by some 50y in the flattish loop in the first 2 miles, Grenville powered into an ever increasing lead for an excellent personal best on an extremely tough three-lap circuit. Daultrey, one of our finest stylists, walked the race of his life and was never troubled by the battle behind him for third place. Peter Le Bas had held the position for most of the race but faded at the finish as Rod Parkins put in a speedy last lap to live up at last to the promise he has shown in training with Peter Marlow. The team race was probably one of the closest ever with the enthusiastic Basingstoke quartet winning by one point from Cambridge Harriers. Brighton and Hove won the bronze medal by a similar margin and the close matching of the other teams in this championship, which has many barring clauses, is emphasised in the scores of the other teams. The

LOOK OUT

FOR THE

NEW RANGEMASTER

The New RANGEMASTER sports and leisure-wear by 'Metric'. Hooded Jacket, pullover style without zip and matching trousers made from 100 per cent 'thick' cotton for extra comfort. In Red, Navy and Gold. Available from March 1st.

	S	M	L
Jacket	£5.90	£6.05	£6.25
Trousers	£4.35	£4.52	£4.70

VESTS

MEN'S PLAIN COLOURED VEST

In Royal Emerald, Scarlet, White, Black, Amber, Sky and Navy. Sizes 32in. 83p, 34/36in. £1.00, 38in. £1.07, 40in. £1.14.

LADIES' STRETCH NYLON VEST

Very attractive sleeveless vest, latest modern continental styling, in excellent quality stretch nylon. Black/White trim, Royal/White trim, Scarlet/White trim, Royal. Sizes 30/32in. £1.12, 34/36in. £1.39, 38in. £1.54. (no 30/32in. Black/White trim).

SALE ITEMS

We're clearing out a few shelves of Odds and Sods in Training shoes. Hurry to avoid disappointment.

(Deduct £1 from listed prices.)

Adidas 'Sierra'. Size 11 only, £4.60.

Lawrence 'Meteor'. Sizes 6, 6½, 9, 10½, 11 £4.60.

Starsport Trainer. Sizes 4½ £3.50, 9½, 10½ £4.08.

Tiger 'Vikka'. Sizes 10½, 11. (Usually £9.45) Special Price £4.95.

Power 'T6'. Sizes 6½, 7, 10 £4.40.

Simlam. Sizes 5½ £3.50, 6½, 7½, 10, 11 £3.95.

Power Ripples. Sizes 6, 6½ £4.05.

(Deduct 50p from listed price.)

Kingswell P.V.C. Trainer. 2, 3, 4 £2.20, 6, 7, 8, 9, 10, 11 £2.45.

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

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

THE SPORTS CENTRE

8 Medway Street, Chatham, Kent ME4 4HD
Telephone: Medway 47055

final word on the difficulty of the course comes from a London walker on the toughest hill when he queried, "What sadistic b . . . thought up this course?" The answer from the roadside: "The one who is leading by a hundred yards!"

1, G. Biddulph (B&H) 77:08; 2, S. Daultrey (WG) 78:56; 3, R. Parkins (Med) 80:00; 4, L. Ruddock (If) 81:05; 5, P. LeBas (Sou) 81:08; 6, D. Hall (BH) 81:49; 7, C. Fisher (Enf) 82:00; 8, D. Kellie (CH) 82:07; 9, P. Dyable (New) 82:25; 10, A. King (Ex) 83:21; 11, F. Baker (HH) 83:35; 12, M. Scammell (New) 84:02; 13, M. Saltmarsh (Bas) 84:19; 14, D. Maynard (CH) 84:28; 15, D. Sheppard (Ex) 84:39; 16, M. Mason (B&H) 84:53; 17, A. Tweed (Ver) 85:04; 18, J. Grey (Bas) 85:35; 19, P. Husband (If) 86:05; 20, D. Neagle (If) 86:31. **Teams:** 1, Basingstoke 63; 2, Cambridge H 64; 3, Brighton & Hove 73; 4, Essex Police 74; 5, Verlea 103; 6, Belgrave 117; 7, L.

Vidarians 118; 8, Southampton 118; 9, Medway 119; 10, SWC 127.

Brighton & Hove 10,000m Track Walk, at Preston Park, February 3rd. After Dave Stevens had set the early pace and led through 5000 in 23:44, Ted Ardley took the lead and gradually pulled well clear. Denis Holly made the long trip from North Shields for his first race in 18 months and showed he has not lost anything in the interim. Grenville Biddulph set a modest personal best only 19 hours after his Garnet victory. 1, A. Ardley (Ton) 48:10; 2, D. Stevens (Stey) 48:39; 3, D. Holly (B&H) 48:40; 4, A. Buchanan (B&H) 48:42; 5, G. Biddulph (B&H) 49:05; 6, K. Emsley (Stey) 50:37. **Boys' Mile:** 1, C. Pope (Stey) 8:01; 2, A. Harman (Stey) 8:07; 3, K. Morris (Stey) 8:33. **Junior Girls' Mile:** 1, B. Francis (B&H) 9:17; 2, S. Martin (B&H) 9:26.

Alan Buchanan

Arduous Conditions from Morpeth to Newcastle

January 1st

THE record 170 strong field got off to a slow start into a bitterly cold headwind which had to be contended with all the way in this annual Morpeth to Newcastle road race. Pat Gallagher was the first to show at one mile followed by Mike Bateman and Bob Dunn. Jim Alder tried to get away up the hill at 1½ miles but was soon overhauled by the bunch of at least 20 runners. Over the next 10 miles the lead changed hands over 30 times as seven runners—Martin Craven, Derek Pratt, Alan Spence, John Newsome, John Myatt, Gallagher and Alder—all attempted to break away to no avail. Up the final hill at Gosforth Greyhound Stadium (12 miles) Alder made his last attempt and opened up a 30y gap that Pratt closed slightly at the finish. It was Alder's fifth win in this race, but the time was some 5¼ minutes outside his record of four years ago. A further measure of how bad the conditions were is that only 24 runners beat the first time standard as compared to the usual 60-70. The team race was close with Morpeth's Bob Dunn and Mike Bateman plus Alder totalling 26 points to Sale's 27. Last year Sale beat Morpeth by 1 point.

J.A.

1, J. Alder (Morpeth)	1:09:50
2, D. Pratt (Sheffield Utd)	1:09:56
3, A. Spence (Bingley)	1:09:58
4, M. Craven (Ken)	1:10:00; 5, J. Myatt (Gates)
1:10:05; 6, J. Newsome (Wake)	1:10:11; 7, P. Gallagher (Craw)
1:10:18; 8, D. Farmer (Sale)	1:11:22; 9, N. Carrington (Sale)
1:11:25; 10, S. Edmunds (Sale)	1:11:26; 11, G. Dugdale (TVH)
1:11:27; 12, R. Dunn (Morp)	1:11:37; 13, M. Bateman (Morp)
1:11:58; 14, C. Vaux (Midd)	1:12:06; 15, R. Belk (Kend)
1:12:19; 16, M. Goddard (NSP)	1:13:34; 17, J. McGuire (B&F)
1:13:40; 18, J. Pearson (Morp)	1:13:42; 19, N. Rackham (Gos)

1:13:45; 20, B. Pickersgill (Wake) 1:13:45; 21, B. Sweeting (S. Shields) 1:13:51; 22, T. Flory (M'boro) 1:14:00; 23, S. Markley (M'boro) 1:14:00; 24, D. Cannon (Ken) 1:14:20; 25, J. Hillen (Salt) 1:14:49; 26, R. Ingleton (Port) 1:15:03; 27, D. Cockburn (Sale) 1:15:07; 28, D. Dixon (Suth) 1:15:08; 29, P. Chivers (E&S) 1:15:18; 30, J. Keating (E&S) 1:15:29; 31, J. Craven (Rown) 1:15:30; 32, R. Checkley (Heat) 1:15:34; 33, S. Bearsall (Holm) 1:15:35; 34, P. Flatman (E Hull) 1:15:36; 35, R. Balding (Heat) 1:15:37; 36, W. Price (Card) 1:15:42; 37, K. Maughan (M'boro) 1:15:46; 38, A. Padgett (Bing) 1:16:02; 39, A. Lamb (NSP) 1:16:13; 40, D. Lawther (NSP) 1:16:22; 41, J. Kerr (Edin) 1:16:23; 42, B. Kemp (E&S) 1:16:24; 43, E. Hudds-peth (Morp) 1:16:25; 44, D. Coker (Heat) 1:16:26; 45, D. Taylor (Edin) 1:16:27. **Teams:** 1, Morpeth 26; 2, Sale 27; 3, Kendal 43; 4, Middlesbrough 59; 5, Wakefield 75; 6, North Shields Poly 95; 7, Ealing & Southall 101; 8, Heaton 111; 9, Gosforth 112; 10, Holmfirth 152.

CRAWLEY RELAY

The Crawley Relay due to be held on March 10th has had to be cancelled.

Found after Indoor Championships at Cosford, one pair spikes size 7. Owner please contact Alan Gibson, 31 Rockwood Road, Calverley, Woodhall Park, Pudsey, Yorks (Pudsey 76689).

POLICY STATEMENT

A number of readers have commented on the advertisement which appeared on page 22 in our February 9th issue. As a matter of policy it has been decided that no advertisement of a controversial nature will be included in future unless the name of the person placing the advertisement is included in the advertisement. The views expressed in advertisements or letters are not necessarily those of the publishers.

LETTERS

WORLD RECORD SPRINT LISTS

Dear Sir,

If Mr Pozzoli (letter, January 19th) would care to subscribe to the IAAF Bulletin (50p per annum), he would know that the IAAF does not disregard electrical timings.

The Congress in Rome next September is expected to approve a proposal that for distances up to and including 440 yards, two World Record Lists should be kept, one for hand timed performances (HT) and one for those electrically timed.

Concerning the 400m world record of Monika Zehrt, again Mr Pozzoli is in error. Despite what may have been written in the press at the time, Zehrt's official time of 51.0sec was taken by **three stop watches** and, as the Secretary General of the French Federation stated when applying for this record, "No official announcement was made about electrical timings at this meeting."

Finally, on the subject of electrical timing, an October 1972 editorial in the IAAF Bulletin had this to say: "The one main source of regret to many in Munich was that the long studied and carefully worked out recommendation of the Technical Committee that **'performances up to and including 220 yards can only be recognised as world records if a fully electrical timing apparatus has been used'** was not accepted by the Congress representing 105 countries. In the opinion of most statisticians and athletic experts, there is no more pressing or reasonable proposition than this one, and as a result of this rejection of the Technical Committee's advice, inaccuracy and unfairness will continue in a sport which is otherwise so meticulous in its timing and measuring of performances."

Let us hope therefore that in Rome even those countries which do not have electrical timing apparatus will see the obvious justice in keeping two lists and not reject the unanimous recommendation of statisticians and athletics administrators.

John B. Holt,
Executive Director IAAF

MAKE 1974 THE FRIENDLY YEAR

Dear Sir,

I was rather sickened to read my "AW" for January 26th as it seemed to express only discontent and violent personality clashes. Our sport is above personalities, and it will continue to thrive long after the current group of rebels have ceased to be active. Could I please appeal to writers to make 1974 the friendly year.

Can we forget the 'aerobics' and the 'anaerobics' as all that the letters have done is to highlight one's ignorance on the topic. Could we forget anabolic steroids as a body building hormone because there is ample evidence to suggest that, alone, this is not the case. Let us forget

'The Specialist', the 'vindictiveness', the 'back-biting', the 'BMC Disclaimer', the suggestion that coaches need a 'trip' to enhance status. Let us hope that some heed will be taken of the excellent article by C. B. Spurgin, because here is obviously a man who has the true sentiments at heart.

THE SPORT MUST BE ORGANISED FOR THE BENEFIT OF THE ACTIVE ATHLETE, in the hope that their experience in the sport will enrich them as people. With the pressure of competition and the attempts to 'psyche' one another out (pardon the Americanisms) the odd glass of beer might get spilt. But I know that every participant in the sport leaves it enriched with experiences that would have been difficult to obtain outside the sport.

Wilf Paish

THE KENT "20"

Dear Sir,

You will recall that for many years past I have used the advertisement columns of Athletics Weekly to give information about the 20 Miles Road Race organised by the Kent CAAA. This race has, for more than 30 years, been organised as an open race while at the same time incorporating the County Championship.

I now, and you can imagine with what regret, have to tell you that the County Committee have decided that the time has come to cease promoting the race as an open event. In recent years the entries have seriously and steadily declined, and it has become quite obvious that there is no longer a demand for this race from competitors outside the County. This, of course, indicates the many opportunities now available for distance running and is a fair indication of the popularity of this branch of athletics.

A.A.A. CHAMPIONSHIPS 1974

10,000 METRES WALK MARCH 30th

AT WEST LONDON STADIUM

Du Cane Road, Wood Lane, London, W.12.

Start 2.30 p.m. Entry Fee: 50p

ENTRIES CLOSE MARCH 11th

to the following Area Secretaries:

North—N.C.A.A., Rooms 288-290 Corn Exchange Buildings, Fennell Street, Manchester M4 3HF.

Midland—M.C.A.A.A., Devonshire House, High Street, Deritend, Birmingham B12 0LP.

South—S.C.A.A.A., 70 Brompton Road, London, SW3 1EE.

Wales—Welsh A.A.A., 9 Campbell Terrace, Mountain Ash, Glamorgan, Wales.

Entry forms can be obtained from the A.A.A. Offices, Room 243, 70 Brompton Road, London, SW3 1EE and Area Secretaries.

May I mention that because of difficulties about dates and the decision to hold the Inter-Counties '20' on May 4th, it has been arranged that the Kent 20 Miles County Championship will be held on April 20th in conjunction with the Finchley '20' to whose organisers we are most grateful.

In conclusion I would like to thank you for the valuable assistance you have always and so readily given to me.

L. E. Hammill,

Hon Sec, Road Running, KCAA

WHY THE SWITCH?

Dear Sir,

About two years ago my committee was informed that the 1974 Women's Southern Inter-Counties Cross-Country Championships had been allocated to Ryde Harriers to organise, and was scheduled to take place at Ryde on January 5th, 1974.

As may be imagined, a considerable amount of energy and expense has been involved in endeavouring to maintain (I think I may with all modesty claim) our reputation as organisers of experience and capability. As 'the day' grew closer, committee meetings and working parties followed with ever increasing frequency—some of the details of arrangements made were as follows:

1. Committee meeting, which included a final 'briefing' from Ray Scruton, who kindly made the trip to the Island with his wife, and was most helpful.

2. Permission from the education authority to use two local modern schools, including showers and changing facilities.

3. Transport arranged with a local bus company to convey competitors from railway station to schools, and from schools to start, and also these journeys in reverse, after the races.

4. Full co-operation from local farmers whose land would be used even including removal of cattle and horses from some meadows, and permission to remove completely some fences, where these were dangerous or difficult to negotiate.

5. Pre-race publicity, and reporting by two daily and two weekly newspapers.

6. Making of more than 250 flags of four different colours.

7. Careful measuring, with a wheel, of all courses to ensure accuracy of all distances.

8. Duplicating of large scale maps, with courses marked in colour.

9. Hire of necessary equipment from local authority for finishing funnels, starting area and car park, etc.

10. Traffic control and assistance on day from police.

11. Local scouts as markers, and also hire of tents.

12. Attendance by St John Ambulance Brigade on course and at changing rooms.

13. Acceptance of local MP to act as starter.

14. Arrangement for typing and duplicating results at finish.

15. Refreshments laid on for competitors, officials and spectators.

16. Agreement of numerous individuals to officiate on the day.

The list is endless, as any club official knows who has been involved in helping organise an event of this magnitude properly.

Now comes the crunch! After all these months of preparation (some committee members even taking time off work in order to cope), I received a phone call at my place of employment from one of my committee, telling me that Mr Scruton had stated that the championships were being abandoned for this year, owing to the various crises. And this was on December 18th—a mere 18 days before the event!

My reply to my informant was that he should ensure that official confirmation was obtained in writing, and this he undertook to do—but to date no such confirmation has been received—and in fact no written communication has been received by any officer of Ryde Harriers concerning the cancellation!

Apparently, a few days prior to January 5th, the above mentioned member of our committee telephoned the secretary of a mainland club, in order to request sharing transport to a meeting, and to his surprise, the secretary's reply was that the details could be finalised on Saturday, the 5th, as both parties would be attending the inter-counties!

"Surely", replied my colleague, "you have heard that the Championships are abandoned?"—and to his utter amazement, he was quite casually told that such was not the case, but that the venue had merely been switched to Morden! This information came as a bombshell—particularly as two of his children had been selected to represent Hampshire!

The only 'Official' notification our club has had regarding the change of venue was a brief notice appearing in 'AW' on the **DAY OF THE RACES!**

Since the races took place, I have been scanning your columns, hoping—in the absence of a polite note from some official—that some explanation would be forthcoming, but to date—complete silence!

Come on WAAA, this is just not good enough. Surely we are entitled to know your reasons.

Please don't make the old excuse about the inaccessibility of the Isle of Wight. We are only seven minutes' travelling time from Portsmouth in these days of the Hovercraft, and Portsmouth is at least as easy to reach as Morden, being only a 1½ hour journey from London. As a matter of fact Ryde is fairly central for most counties concerned, as past competitors in our annual marathon will testify.

A point that struck me very forcibly is that despite our months of hard work, it was possible just to switch venues at literally the last moment. Or did the new organisers have foreknowledge of the change?

John E. Symonds,
Chairman, Ryde Harriers

UK INDOOR TEAM

SEVEN Commonwealth gold medallists have been selected for the indoor match against Spain (men) and the Netherlands (women) at RAF Cosford today (February 23rd). Dave Bedford and Dave Jenkins have turned down their invitations—Bedford has had a recurrence of his hamstring injury and Jenkins is taking a rest from athletics for a few weeks. Verona Bernard asked not to be considered for the match, or for the European Indoor Championships. The team for Gothenburg on March 9th/10th will be picked after the match, which starts at 1.55 pm.

Men

60m: G. Edwards, D. Halliday; 400: J. Aukett, A. N. Other; 800: P. Lewis, R. Weatherburn; 1500: J. Kirkbride, R. Smedley; 3000: D. Fowles, A. N. Other; 60H: C. Kirkpatrick, B. Price; 4x200: from Aukett, G. Cohen, Halliday, C. Monk, G. Vince; HJ: C. Boreham, M. Butterfield; PV: M. Bull, B. Hooper; LJ: A. Lerwill, P. Scott; TJ: P. Blackburn, D. Johnson; SP: G. Capes, M. Winch.

Women

60: S. Lannaman, A. Lynch; 400: R. Kennedy, J. Roscoe; 800: J. Allison, R. Wright; 1500: N. Braithwaite, M. Stewart; 60H: B. Thompson, J. Vernon; 4x200: from S. Colyear, W. Hill, Lannaman, Lynch, Roscoe, Vernon; HJ: B. Lawton, A. Wilson; LJ: M. Chitty, R. Martin-Jones; SP: B. Bedford, R. Payne.

UK qualifiers for Gothenburg

Jim Aukett (400), Phil Lewis (800), Ray Smedley (3000), Geoff Capes (SP), Mike Winch (SP), Andrea Lynch (60), Sonia Lannaman (60), Joan Allison (800), Gloria Dourass (800), Rosemary Wright (800), Norine Braithwaite (1500), Judy Vernon (60H), Blondelle Thompson (60H), Barbara Lawton (HJ).

Lost at Midland CC Champs: Adidas navy blue wet-suit trousers. Postage refunded if returned to M. Knowles, 2 Orlando Road, Leicester LE2 1WN.

One of the two stadium announcers at Queen Elizabeth II Park during the Commonwealth Games was Roger Robinson, the former Cambridge University and Surrey runner, who is now a senior lecturer at the University of Canterbury, NZ, and active in local athletics administration in Christchurch.

Hillingdon AC shot-discus man Andy Kerr won the silver medal for England in the super-heavyweight class of the weightlifting at the Games, with a total of 337.5kg.

Don Faircloth (68:13) was 6th in the annual Puerto Rican half-marathon on February 3rd won by Lasse Viren (66:17).

BRITISH CROSS-COUNTRY RUNNERS ABROAD

27.1. San Sebastian. 1, Haro (Spa) 30:43.6; 2, Lopes (Por) 31:03.2; 3, JIM BROWN (Sco) 31:14.2; 4, De Beek (Bel) 31:21.6; 5, MIKE TAGG (Eng) 31:25.2; 6, Haddou (Mor) 31:30.6; 7, BOB PATTERSON (Eng) 31:40.8; 8, Amakdou (Mor) 31:44.0; 9, Mora (Col) 31:45.0; 10, Kuha (Fin) 31:50.8 . . . 15, DAVE LEM (Eng) 32:02.0; 36, GILMOUR (Sco) 33:33.0. Teams: 1, England 27; 2, Portugal 29; 3, Spain 30 . . . 9, Scotland 82. (**Jnrs**) 1, Greens (Bel) 19:27.6; 2, Lopez (Spa) 19:33.4; 3, Panetti (Ita) 19:43.0; 4, Alario (Spa) 19:49.6; 5, JERRY ODLIN (Eng) 19:50.4 . . . 10, LAWSON (Sco) 20:06.8.

27.1. Chartres. 1, Roelants (Bel) 33:42; 2, Tijou (Fra) 34:07; 3, ANDY McKEAN (Sco) 34:16; 4, Rault (Fra) 34:26; 5, Gomez (Fra) 34:32; 6, JOHN WILD (Eng) 34:46; 7, Van Renterghem (Bel) 34:52; 8, ROGER BROWN (B'mth) 34:57; 9, ALISTAIR BLAMIRE (Sco) 35:02; 10, LES PRESLAND (B'mth) 35:05; 11, DAVE LONG (B'mth) 35:10 . . . 17, HUGH STARKEY (Eng) 35:40; 19, DON FAIRCLOTH (Eng) 35:45. (**Women**) 1, ANN YEOMAN (Eng) 12:26; 2, Moser (Swi) 12:31; 3, de Lange (Neth) 12:52; 4, PENNY YULE (Eng) 12:56.

3.2. Taradeau (Fra). 1, Roelants (Bel) 24:13; 2, RICKY WILDE (Eng) 24:35; 3, Gairnaert (Bel) 24:54; 4, JOHN TEMPERTON (Eng) 25:00; 5, JOHN BROWN (Eng) 25:10; 6, Daune (Bel) 25:57. Teams: 1, Belgium 10; 2, England 11.

MADELEY COLLEGE A.C.

Inaugural Young Athletes

RAG ROAD RUNS

SUNDAY, MARCH 17th, 1974, at 2.00 p.m.

at Madeley College, nr. Newcastle, Staffs
(by the M6 motorway)

Mini-Colts (U/12) 1½ Miles approx.
Youths (U/18) 3 Miles approx.
(Any No's to run, 3 to score)

Colts (U/14) 3x1½ Miles Relay
Boys (U/16) 3x2½ Miles Relay

Awards:

Races: First 3 Inds and first 3 teams.

Relays: First 3 teams and 3 fastest laps.

Entries: 30p per relay team. 10p per race competitor. To Mr P. Sanderson, Madeley College, Madeley, near Crewe, Cheshire.

ENTRIES CLOSE MONDAY, MARCH 11th.

All Colleges and Schools welcome.

US INDOOR RESULTS from page 2

Liquori 4:01.7, Hilton 4:01.8, Prefontaine 4:02.8; 2M Yifter (Eth) 8:43.4, Shorter 8:47.6, CHRIS STEWART 8:55.4; SP: Woods 21.45/70'4½" (world best), Feuerbach 21.03/69'0", Semkiw (19) 20.95/68'9", 2.2. Seattle. Mile: BOB MAPLESTONE 4:04.2; LJ: Baumgartner (WG) 7.66/25'1¼"; women's Mile: Larrieu 4:34.6; 60yH: Johnson 7.5. 2.2. Cleveland. 2M: Hartnett (RoI) 8:33.6; 50yH: Hill 5.9, Davenport 5.9; HJ: White, Matzdorf & Francis 2.13/7'0"; PV: Carter 5.18/17'0", Simpson (Can) 5.03/16'6". 2.2. Albuquerque. 60y: Williams 6.1, Garpenborg (Swe) 6.1, Meriwether 6.2; 880y: Wohlhuter 1:49.4, Fiasconaro (Ita) 1:51.4; Mile: Cummings 4:03.0, Waigwa (Ken) 4:04.0, van Zijl (SA) 4:06.1; 2M: Yifter (Eth) 8:41.8, Shorter 8:47.0; HJ: Stones 2.16/7'1"; PV: Isaksson (Swe) 5.20/17'1"; TJ: Tiff 16.71/54'10", Grimes 16.45/53'11¼", Craft 16.21/53'2¼"; SP: Woods 21.19/69'6½", Feuerbach 20.83/68'4"; women's 880y: Decker 2:07.9; 4x400y: Atoms TC 3:47.5 (world best).

Result of Midland CC Championship at Coventry: 1, D. Lem 47:40; 2, R. Fowler 47:43; 3, P. Gilsenan; 4, K. Bartlett; 5, D. Francis; 6, J. Eley. Teams: Tipton 70; 2, Derby 113; 3, Small Heath 216.

Latest news from USA states that George Woods' shot record was measured as 20.02m.

CATHOLIC STUDENTS SPORTS

FEDERATION OF GREAT BRITAIN
(GIRLS)

Second Annual

CROSS COUNTRY
CHAMPIONSHIPS

at

St Joseph's Comprehensive School, Swindon

SUNDAY, MARCH 24th, at 14.30 hrs

Age Groups: Girls, Junior, Intermediate.

Entry Fee: 50p per team (4 to count).
Individuals welcome 15p.

Closing Date: Monday, March 18th.

Entries to Mr W. Graves, 49 Muspratt
Road, Seaforth, Liverpool.

INDOOR CHAMPS from page 11

(Mit) 8.9; 4, C. Mathers (Enf) 9.3; 5, E. Butters (Warl) 9.7. Ht 2: 1, B. Thompson (Bir) 8.6; 2, J. Honour (Wok) 8.7; 3, J. Stokoe (B'ham U) 9.3; 4, G. Howell (C of Hull) 9.4. Ht 3: 1, J. Vernon (Mit) 8.3 (Commonwealth and UK best); 2, B. Ruttledge (Bris) 8.7; 3, L. Drysdale (Soli) 8.7; 4, K. Booth (W Norf) 9.7.

Final: 1, VERNON 8.3 (eq Commonwealth and UK best); 2, THOMPSON 8.4; 3, WILSON 8.5; 4, Illott 8.5; 5, Ruttledge 8.6; 6, Honour 9.0.

HIGH JUMP

1, A. WILSON (S'end) 1.75/5'8½"; 2, C. MATHERS (Enf) 1.75; 3 eq, S. WRIGHT (Essex), P. DIMMOCK (Brack), R. FEW (And) and T. PAINTON (Harlow) 1.70/5'7"; 7, J. Crouchley (Stret) 1.70; 8, D. Brown (B'ham U) 1.65/5'5"; 9, S. Hutchinson (Stret) 1.65; 10, S. MacGregor (Sale) 1.60/5'3"; 11, K. Allinson (Stret) 1.60.

LONG JUMP

1, M. CHITTY (Surrey) 5.79/19'0"; 2, J. HONOUR (Wok) 5.78/18'11¼"; 3, S. REEVE (Bir) 5.60/18'4½"; 4, J. Stokoe (B'ham U) 5.45/17'10¼"; 5, B. Ruttledge (Bris) 5.44/17'10¼"; 6, P. Williams (Stret) 5.40/17'8¾"; 7, J. Sanderson (Leic) 5.21/17'1¼"; 8, J. Roberts (Med) 5.17/16'11½".

SHOT

1, J. KERR (Mit) 13.23/43'5"; 2, D. HOWARTH (Bury) 13.10/42'11¼"; 3, E. ELLIOTT (Pres) 12.69/41'7¾"; 4, S. Reeve (Bir) 12.52/41'1"; 5, E. Jackson (Stret) 11.19/36'8¾"; 6, J. Gray (Card) 10.66/34'11¼"; 7, N. Njoku (Stret) 10.50/34'5½"; 8, S. Goddard (Ver) 10.48/34'4¾".

KENDAL A.A.C.
PHILIPS CUP RACES

(Course Round the Castle)
Under AAA and WAAA Laws
SATURDAY, APRIL 27th, 1 p.m.
Boys U/11, U/13, U/15, U/17
Girls U/11, U/13, U/15

Prizes: First 3 Individuals, first Team (3 to count). Under 11 races first 4 (no teams). Ages as at Sept. 1st, 1973.

Entries to Mrs S. Berrett, 4 Bolefoot, Oxenholme, Kendal, Westmorland.

CLOSING DATE APRIL 5th

CLASSIFIED ADVERTISEMENTS

4p. per word. Trade 8p. per word, 6 insertions of same copy 7p. per word, 13 insertions 6p. per word, 26 insertions 5p. per word—prepaid.

RON HILL SPORTS. Freedom Shorts, nylon 2 stripes £1.20, Union Jack £1.65; Wet Weather Suits £7.10; Reebok Tendontector ripple shoe £6.15. All post free. 24 Highcroft, Hyde, Cheshire.

TRACK RUNNING 800m 50p, instruction/training programme—boys 14-17. White, 35 Burdard Road, London NW6 1DA.

ATHLETIC EVENTS

An advertisement can increase **YOUR** entries. £2 per s.c. inch, per insertion prepaid. Quarter-page £7; Half-page £12; Page £20, per insertion. 25 per cent discount to clubs on four or more insertions of same copy. Cheques or Postal Orders should be crossed and made payable to *Athletics Weekly*. Copy date—10 days before publication.

CROYDON HARRIERS

PEDRO DOMEQ RELAY (Men)

8 x 2½ Miles 11.35 a.m.

SUNDAY, MARCH 24th, 1974

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 50p (4 run, 3 score), Ind. 15p.

All at CRYSTAL PALACE CENTRE.

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

BY MARCH 15th, 1974.

CANNOCK CHASE ATHLETIC CLUB

3rd Annual

CROSS-COUNTRY RELAYS

ON SUNDAY, MARCH 10th

at Hagley Park Comprehensive School

Girls (U/13) 3x1500m. Holders: Pitreavie A.C.

J. Ladies (U/15) 3x1500m. Hold.: Cannock A.C.

I. Ladies (U/17) 3x1500m. Holders: Stoke A.C.

Y. Colts (U/12) 4x1500m. Holders: Aldershot and F.

Colts (U/14) 4x1500m. Holders: Stoke A.C.

Boys (U/16) 4x1500m. Holders: Wolverhampton and Bil.

Ages as on September 1st, 1973

Entry Fees: 25p per Team.

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

ENTRIES CLOSE MARCH 1st, 1974

LEEDS CITY ATHLETIC CLUB

RELAY RACES

ON SATURDAY, MARCH 23rd, 1974

(Under AAA & ECCU Rules)

SCHOOLBOYS 4x1½ MILES C.C. RELAY

(Two 12 & U/14, two 14 & U/16 on 1.9.73)

Plaques first 3 teams, first 'B' team, fastest boy and fastest junior boy.

SENIORS AND VETS 6x3M C.C. RELAY

Competitors must be O/18, Vets O/40.

Prizes valued 6 at £5, 6 at £3, 6 at £2, 1st 'B' team 6 at £2, Vets 6 at £3, Fastest Senior £5, Fastest Junior (U/20 1.9.73) £3, Fastest Veteran £3.

Fees: Schools 30p, Seniors 50p, per team.

Entries (stating age group) to John Lunn, 654 Whitehall Road, Leeds LS12 5EL.

ENTRIES CLOSE MONDAY, MARCH 11th.

AAA Under 20 Champs., AAA Senior Relay Champs.

WAAA Senior 4 x 100m Relay Champs.

WAAA Inter. Champs.

and OPEN EVENTS

AT RAF COSFORD,

WOLVERHAMPTON, STAFFS

on FRIDAY, MARCH 22nd and

SATURDAY, MARCH 23rd

Medals and Plaques awarded for AAA events, and awards also made for WAAA Championship Events.

EVENTS:

Youths Championship—60m*, 400m*, 800m*, 1500m*, Long Jump and Shot.

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

AAA Senior Relay Championship—4 x 100m and Medley Relay (4 x 3 x 2 x 1 in that order).

WAAA Senior Relay Championship—4 x 100m.

WAAA Intermediate Championship—60m*, 400m*, 800m*, 1500m*, 60m Hurdles, Long Jump, High Jump and Shot.

Senior Men's Open Events—300m (no prizes).

Senior Women's Open Events: 60m, 60m Hurdles (no prizes).

Junior Women's Open Events: 60m, 1500m (no prizes).

*Heats to be held Friday evening.

ENTRY FEES: All Championship Events 35p per event incl. VAT. Relay Teams £1 incl. VAT. Open Events 20p incl. VAT.

Entry Forms obtainable from and returnable to: Midland Counties AAA, Devonshire House, High Street, Deritend, Birmingham B12 0LP.

ENTRIES CLOSE: March 2nd, 1974, NO LATE ENTRIES ACCEPTED.

PLEASE ENCLOSE A STAMPED
ADDRESSED ENVELOPE WITH YOUR
ENTRY.