

February 28th 1970

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INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

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For Girls
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1/6

DAVE BEDFORD,
still a junior, bids for
the National Senior
Cross-Country title
today

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British Name Twelve For Vienna

Britain will be represented by a team of twelve at the European Indoor Championships, in Vienna on March 14th/15th, including three of last year's medallists in Alan Pascoe, Walter Wilkinson and Rosemary Stirling. Pascoe, who won in Belgrade, will defend his title subject to fitness: he injured his foot at Cosford.

The team is much as expected, although one pleasant surprise is the selection of high jumper David Wilson. Arthur Gold explained: "We are sending Wilson to give him further experience of first class competition, with all the tension involved." Mike Bull had been similarly blooded a few years ago. Barbara Inkpen is not named but an outstanding performance by her, or Janet Stroud, at the East Berlin meeting on March 1st could result in a trip to Vienna. Entries for the Championships close on March 4th.

Team for Vienna. — 800m, Colin Campbell, 1500m, Walter Wilkinson; 3000m, Ricky Wilde; 60mH, Alan Pascoe; HJ, David Wilson; PV, Mike Bull; LJ, Alan Lerwill; TJ, Tony Wadhams; Women's 400m, Marilyn Neufville; 800m, Rosemary Stirling; 60mH/SP, Mary Peters; LJ, Ann Wilson, Team managers: Cecil Dale and Marea Hartman.

Other Indoor Teams — (Bucharest, February 28th/March 1st) Women's 50yH, Peters and Chris Perera; HJ/LJ, Sue Scott; SP, Peters. (East Berlin, March 1st) 1500m, Wilkinson, 60mH, Pascoe; LJ, Lerwill; women's 60m, Janet Stroud; 400m, Neufville; HJ, Barbara Inkpen.

France are sending a team of 24 to Vienna—60m: Sarteur; 400m: Nallet, Carette, Bertoulet (and Nicolau, Bourbeillon, Guillet for 4x400m); 800m: Samper; 1500m: Toussaint; 60mH: Drut; HJ: Gauthier; PV: Tracanelli; LJ: Tourret; TJ: Firca; ST: Beer, Colnard, Brouzet; Medley: Guillet, Taillard, Colin, Samper; women's 60m: Telliez; 400m: Besson; HJ: Barnay; Relay: Telliez, Testaniere, Besson, Duclos.

The West German team of 26 for Vienna is—60m: Schiebe; 400m: Roper; 800m: Kemper; 1500m: Norpoth; 3000m: Girke, Norpoth; 60mH: Nickel; HJ: Zacharias; PV: Engel; LJ: Latzel; TJ: Sauer; 4x400m: Muller, Strohacker, Schloske, Tofaute; women's 60m: Irrgang; 400m: Frese; 800m: Janze; 60mH: Schuller; HJ: Gartner; LJ: Rosendahl; SP: Fuchs, Westermann; Relay: Schittenhelm, Wilden, Bollig, Kroninger.

Mrs. Helen Todd, of Tollerton, Nottingham, wishes to thank all friends, athletes and officials for their kind thoughts, letters and telephone calls at the time of the great loss of her husband, Stanley.

EUROPEAN INDOOR CHAMPIONSHIPS

VIENNA, MARCH 14th/15th

At last year's meeting in Belgrade the British team won two gold, two silver and five bronze medals. Why not fly with the "AW" party to the Austrian capital and lend your support to our athletes? The meeting promises to be the greatest ever held indoors in Europe.

Price: 25 Guineas

We shall leave Central London at 9 a.m. on Saturday, March 14th and arrive back at about 11 p.m. on Sunday, March 15th.

WRITE NOW FOR BOOKING FORM

To: Four S Sports, Africa House, 64/78 Kingsway, London, W.C.2

ASTOUNDING RUN BY LEE EVANS

Leading the parade of world indoor bests set in North America last week-end is Lee Evans' astounding 500y time of 54.5 on a 160y track at San Diego. He reportedly passed 440y on the way in 46.1! Martin McGrady equalled the 500m best of 62.9 and Tom Von Ruden ran 1000m in 2:21.0 (with Frank Murphy equalling the previous world standard of 2:21.2) in New York. Chi Cheng clocked a record tying 6.9 for 50mH in Vancouver. World board track records for 200m of 21.5 (Manfred Letzelter) and 24.6 (Elfriede Schittenhelm) were posted at the West German Championships in Berlin. More significant winners included—400m: Roper 47.1; 800m: Kemper 1:49.1; 1500m: Norpoth 3:41.3; 3000m: May 7:59.2. Wladyslaw Komar (Poland) set a European indoor shot mark of 20.08/65'10½" in Warsaw.

SHORT CIRCUITED

Henk Visser's much publicised plans for a professional athletics circuit have yet to materialise. The first promotion, originally scheduled for Long Beach on February 6th, was switched to Los Angeles for February 21st but that too was cancelled. Now plans are for the circuit to start in Chicago or Los Angeles at the end of March but close observers of the US track and field scene remain sceptical.

BRITISH TRACKMEN IN FORM

The Astrodome-Federation National Indoor Championships on a 352y track at Houston on February 13th/14th, involving almost 2000 athletes, featured some sparkling runs by three British athletes studying at Villanova. Phil Banning (19) was 5th in the 2 miles in 8:46.6, Davey Wright (20) clocked 2:55.0 for a ½M relay leg, and Chris Mason (21) ran a mile anchor in 4:02.2 in the same race. Dave Hindley was 3rd in a 2M race (9:00.8) at high altitude Salt Lake City last week-end.

Cover photo by Ron Linstead

ATHLETICS WEEKLY

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Editor: MELVYN WATMAN

Editorial Assistant: DAVID COCKSEDE

Subscription Dept. & Distribution:

Miss J. GREEN & Miss Y. R. NASH

Advertisement Director: P. W. GREEN

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11,330

January 1st—December 31st, 1969

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THE WEEK AHEAD

Saturday, February 28th: National Cross-Country Championships at Royal Lancashire Agricultural Showground, Stanley Park, Blackpool (Youths, 2 p.m.; Seniors, 2.30 p.m.; Juniors, 3.45 p.m.); Women's National Cross-Country Championships at Blackburn; South Western Schools Championships at Wootton Bassett; Thurrock H. Colts Road Relay; Gower "11" at Swansea.

Sunday, March 1st: Territorial Army Championships at Strensall, Yorks; Irish Championships at Thurles (South & West); Warrington Winter Track Meeting.

Wednesday, March 4th: London Colleges League at St. Mary's College, Twickenham; Open Indoor Meeting at Cosford.

Friday, March 6th: Inter-Services Cross-Country Championships at Blackdown.

CHANGE OF VENUE AND DATE

As the RAF Locking track will be out of commission for the 1970 season, the Somerset County Championships for men and women have been switched to Norton Manor on May 23rd. A County Decathlon will be held at RNAS Yeovilton on May 9th/10th, incorporating the South Western Counties Championship.

YOUTH HOSTELS ASSOCIATION CHEVY CHASE FELL RACES

(Under A.A.A. Laws)

Seniors (17 Miles) Ind. 5/-, Team 7/6

Juniors (9 Miles) Ind. 2/6, Team 4/-

SUNDAY, 12th APRIL, 1970

AT WOOLER, NORTHUMBERLAND

Entries by 28th March to A. Morgan, 22
Jesmond Park West, Newcastle-upon-Tyne, 7.

ROSSENDALE ATHLETIC CLUB**First Annual Girls & Ladies
CROSS-COUNTRY RACES****ON SATURDAY, MARCH 14th, at 2 p.m.**

Venue: Marl Pits Sports Centre, Rawtenstall, Lancs. Girls, Juniors, Inters. & Ladies races. Medals and Team Shields, Grand Aggregate Shield. Certificates for all! Entry fee 1/6 per person, to Mrs. M. Nuttall, 59 Grasmere Road, Haslingden, Rossendale, Lancs., by **March 10th, 1970.**

**MAIDENHEAD A.C. 18th Open
10 MILES ROAD RACE**

Under A.A.A. Laws

**Inc. Berkshire 10M. Road Championship
EASTER MONDAY, MARCH 30th, at 3 p.m.**
From Kidswell Park, Maidenhead

Awards — Winner holds "Aspro Cup" for year. Replica to winner and twelve individual prizes. Times certs. all finishers. Winning team hold Coronation Trophy for year. Plaques to 3 members winning team and medals to 3 members of 2nd and 3rd teams. Prize first Vets. over 40 and 45.

Entry Fees—Teams (of 4, 3 score) 7/6 per team. All enter as individuals 3/-. Berks. 10M. Champ. 4/-. **Entries** on A.A.A. forms to R. Stevenson, 9 Gage Close, Maidenhead, Berks. (Tel: 24528).

ENTRIES CLOSE WED., MARCH 18th**CAMBRIDGE & COLERIDGE A.C.
OPEN 10 MILE ROAD RACE**

(Under A.A.A. Laws)

**Incorporating Cambridge County and
Eastern Counties Championships**

SATURDAY, 11th APRIL, at 3 p.m.
from

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CAMBRIDGE**

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Entry Fee: 3/- Ind., 5/- team (3 to score). To Reg. Hunneybell, Meadow Cottage, Lotfield Street, Orwell, Royston, Herts.

BY WEDNESDAY, 1st APRIL**WORCESTER Y.M.C.A. HARRIERS
WORCESTERSHIRE
BEACON RACE**

(Sponsored by Berrows Newspapers Ltd.)

for the Chas. E. Blewitt Challenge Trophy

SATURDAY, MARCH 14th, at 3 p.m.

Awards—Medals first 3 ind. & teams (6 to run, 4 to count).

Course—6½ miles of road and country over the Malvern Hills (summit 1396 ft.).

Entries by **March 7th** (7/6 team, 2/6 ind.) to R. Hinds, Y.M.C.A., Henwick Road, Worcester.

CLAYTON-LE-MOORS HARRIERS**15th ANNUAL PENDLE FELL RACE**

(Under A.A.A. Laws)

ON SATURDAY, 4th APRIL, 1970

Entries on A.A.A. forms to Ken. E. Smith, Race Sec., 65 Marsden Road, Burnley. **Entries** (3s. 6d., includes refreshment) **close Good Friday, 27th March.** Competitors must be over 18 on 1.4.70. Start 3 p.m. Whitehough Camp School, Barley, nr. Burnley, Lancs.

HILLINGDON ATHLETIC CLUB

38th Annual

FINCHLEY "20"

(Under A.A.A. Laws)

SATURDAY, 25th APRIL, at 3 p.m.

The race incorporates the Southern Counties, Middlesex, Herts. & Bucks. County Championships.

Trophies to individual winner and 1st team. Prizes to first 10 inds., first 3 teams and first 2 Vets.

Entry Fees: 4/6 Fin. "20" ind., 3/6 SCAAA ind., 12/6 Middx. team. No other fees. **Team Entry:** Fin. "20"—any to enter, 8 run, 3 score. Middx. 12 enter, 6 run, 3 score.

Entries on AAA forms to M. J. McLoughlin, 21 East Churchfield Road, Acton, London, W.3, by **13th April.**

**SCUNTHORPE HARRIERS
GRADED MEETING**

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

EASTER MONDAY, MARCH 30th**AT QUIBELL PARK, 2 p.m. prompt**

Men: 100m, 300m, 600m, 1500m, 3000m. **Jnr:** 100m, 300m, 600m, 1500m. **Youths:** 100m, 300m, 600m, 1500m. **Boys:** 100m, 300m, 600m, 1500m. **Ladies:** 100m, 300m, 800m. **Jnr. Ladies:** 100m, 200m, 800m.

Field Events—**Men:** TJ, SP, JT, DT, PV. **Jnr:** LJ, SP, HJ, PV. **Youths:** TJ, JT, DT, PV. **Boys:** LJ, HJ, PV. **Ladies:** LJ, HJ, SP. **Jnr. Ladies:** LJ, HJ, SP.

Entry Fee: 1/- per event to cover costs. **Entries** to Mr. J. Fielding, 44 Canterbury Close, Scunthorpe.

Fast Course — Record 2h. 17m. 12s.

**"HUDDERSFIELD EXAMINER"
MARATHON**

((Under AAA Laws • Incorporating Northern and Yorkshire Championships)

EASTER MONDAY, 30th MARCH, at 1 p.m.

**From Leeds Road Playing Fields,
Huddersfield**

Prizes for first 6, 3 Teams (3 count) Sealed H'cap. Vets over 40 and over 50.

Entries (on AAA forms): Individual 3/-, Yorkshire 2/-, Northern 2/-, Teams free.

Entries to J. E. Sawyer, 29 Bankfield Avenue, Kirkheaton, Huddersfield, HD5 0JL.

CLOSING DATE SATURDAY, 14th MARCH

Capacity Crowd Sees East Germany Dominate Britain In Indoor Match

Mel Watman reports from Cosford, February 21st

THERE was a full house—3500 seated and 250 standing—for the most important meeting yet held at Cosford. The support was well justified, for the athletics was of a remarkably high standard. That the East Germans, making their first visit here as a team since 1959, emerged as comfortable winners in both men's and women's matches was hardly surprising. It is not for nothing that the GDR is considered the second strongest athletics power in the world at the present time.

Amid the richness of competition and performance it is difficult to extract a single supreme achievement, but Karin Balzer and Wolfgang Nordwig would have been well in the running for any outstanding performer award.

Karin Balzer, at 31, can look back on a career in which she has won every possible honour. The change to 100m hurdles over 2'9" barriers last year was a challenge to which she responded by setting an extraordinary world record time of 12.9... but she still has ambitions. Now she is eyeing the 200m hurdles, an event she has never tried but which, considering her flat speed (23.4), she is capable of covering in close to 25 sec. It could provide the incentive for her to continue until Munich.

To my astonishment, Karin revealed that all indoor hurdle races in East Germany are still being conducted over 76cm (2'6") barriers. Until she ran an 8.3 in training at Cosford last Friday she had never tried the 60m (2'9") event, though her beautifully executed performance in the race itself could scarcely have been improved upon. She sliced 0.3 off the previous world best with a sparkling 8.2, but Mary Peters (equalling her 8.5 of last month) excelled to finish only a couple of metres behind. Karin is not often held to that sort of margin. Mary had a good consistent shot series too (three over 51ft) that continues to augur well for the pentathlon. At her current bodyweight she could hardly have been expected to offer a serious challenge to Friedel and Boy but on the Commonwealth plane she has few rivals.

Nordwig, considered by many—including Mike Bull—the finest of all pole vaulting technicians, came close to hitting the rafters when after clearing the European indoor record height of 5.27/17'3½" first time he had the bar hoisted to a world's best of 5.34/17'6¼". Although on paper he finished nearly a foot ahead of Bull the European champion had quite a tussle before establishing his supremacy. Both men made 4.70/15'5" and 4.90/16'1" without trouble but Nordwig took the lead when he succeeded first time at 5.00/16'5" whereas Bull needed three tries. However, at 5.10/

16'8¼" Nordwig had his first failure and in the second round Bull came within about a centimetre of seizing the initiative—his chest just brushing the bar off on the way down. Nordwig made no mistake with his second attempt and, after Bull had failed again, he went on his merry way. Bull had the satisfaction of adding another 17ft performer, Joachim Bar, to his collection of victims but in a manner of speaking Mike is now himself a member of that select breed. Five days earlier, in training in Belfast, he cleared that magic height for the first time.

The most impressive British winner of the day was Ian Stewart who moved up to the 3000m to replace an indisposed Ricky Wilde. Stewart considers himself short of training and, in order to concentrate on his build-up for an early outdoor season peak, announced he would not be available for the defence of his European indoor title, but his state of fitness is relative to his own incredibly high standards. If he can run 7:55.6 from the front now without any obvious physical strain, what on earth will he be doing in the summer? With the East German indoor champion (7:56.2) Dietmar Nagel unable to travel ("no passport," I was told by an East German journalist), the opposition was provided by Gerd Eisenberg, a long distance runner with 7:58.6 speed. Eisenberg clung to Stewart for 2200m but dropped over 30m in the last 800. Stewart covered the first half of the race in 4:00.0, the second in 3:55.6 without even bothering to raise a fast finish. Interesting to note that Rex Maddaford (NZ), whom Stewart lapped in Los Angeles in January, ran 2 miles in 8:28.6 over the week-end!

Walter Wilkinson was another whose front running paid off with victory in a good time. He went after about 700m, shook off the persistent Dieter Hermann (a 3:42.0 man better known for his steeplechasing) during the penultimate lap and in spite of flagging over the final 100m (16.6) won by 20m in 3:44.1. He covered the 800m stretch between 600 and 1400m in 1:56.3—fair warning to those who hope to live with Wilkinson in the months to come.

Colin Campbell preserved his new-found 800m authority, taking over from John Greatrex just before 400m and never seriously threatened thereafter. Greatrex also ran with great determination and though passed by Alfred Seyffarth in the finishing straight he could feel satisfied with his time of 1:50.2—his best indoors. Britain's one other outright victory in the men's match came in the final event, the hazardous 4x100m relay. Matters were not helped when Don Halliday pulled a muscle warming up but a shrewd choice of running

order and frenzied sprinting by all concerned led to the British boys maintaining a lead all the way. Thanks to the alert Cosford timekeeping team, "splits" were taken even in this race!

The oddest result of the day came in the high jump: a four-way tie at 2.00/6'6 $\frac{1}{4}$ " with each man awarded 2 $\frac{1}{2}$ points. The IAAF recommends "that in international matches, where two or more competitors tie, the rules for deciding ties should not apply, the points concerned being shared"; and that's what happened. By the normal count-back procedure (see results) the East Germans would have filled first and second places. Personally, I see no justification for the point-sharing system as it minimises the "tactical" approach to vertical jumping. Anyway, full marks to David Wilson (an absolute personal best, and equal to Alan Paterson's UK 18-year-old best made outdoors) and Leon Hall ($\frac{1}{4}$ " below his outdoor best) for jumping the same height as rivals boasting personal bests of 2.15/7'0 $\frac{1}{2}$ " and 2.11/6'11".

Alan Lerwill and Tony Wadhams performed well in the other jumps. Lerwill's 7.55/24'9 $\frac{1}{4}$ " held the lead until the fourth round when both his rivals overtook him. Surprisingly, Klaus Beer (8.04/26'4 $\frac{1}{2}$ " the previous week) was unable to better 7.57/24'10" but unfortunately Lerwill lost a certain 25-footer by taking off too far behind the board and had to remain content with another 7.55. Young Stewart Atkins, deputising for the injured Lynn Davies, was thrown into the deep end but in spite of fouling four times he was not too far behind his best. Wadhams, making his first indoor appearance of the winter, easily defeated 16.82/55'2 $\frac{1}{4}$ " performer Klaus Neumann for second but lacked the necessary motivation (the triple jump, one of several events being staged simultaneously, received little attention from the announcers) to go for the really big one. The shot competition was expected to be one-sided but not quite to the extent that it was. Alan Pascoe, suffering from

foot trouble, was a little below par in the hurdles—sufficiently so for the two East Germans to hold the edge throughout. The visitors scored a maximum also in the 60m and Wolfgang Muller, who has run 45.9, had the measure of Gwynne Griffiths in the 400m. Once again, Ricky Taylor left himself too much to do—he was nearly ten yards down after only 100m.

The strength of the East German's women's team was underlined by the fact that only two British girls were allowed to mount the victory stand . . . and there was no discus or javelin either! Marilyn Neufville, impressing more with each run, went ahead shortly before 200m (26.4), held a 6m lead over Jannette Champion at 300m and won by a wider margin in 54.8 to equal Rosemary Stirling's UK indoor best. Jannette was passed in the closing stages by Waltraud Dietsch, but that was no disgrace for that young lady is the former Fraulein Birnbaum, who has clocked 54.0 outdoors. Rosemary Stirling, almost unbeatable on these boards she knows so well, tuned up for her crack at the European indoor 800m title in Vienna with a well judged race in which she let rip over the final 120m. Waltraud Pohland, only 17 but with 2:06.1 to her credit last year, chased her all the way.

For sheer tenacity there was nothing to beat Margaret Beacham's run in the 1500m. She made a simply magnificent international debut and although she didn't win she did more than enough to beat a girl who had set a European indoor best of 4:22.3 only the previous week—smashing Gillian Tivey's UK best in the process. Running faster than ever before, Margaret stuck to her two rivals for lap after lap. Katharina Clausnitzer (18), who must be Europe's answer to Francie Larrieu, sprinted away for victory in 4:24.3 but Margaret—as befits the grand-daughter of a man who bid for the world heavyweight title ("Gunner" Moir) delivered the K.O. to Gunhild Hoffmeister in an



Janet Oldall (19) made a splendid start to her international career by raising her personal best from 1.65/5'5" to 1.70/5'7" against the East Germans. She thus became one of the few British girls to jump more than her own height.

Tony Duffy

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excruciatingly tight clinch along the finishing straight. What a pity the women's 1500m was omitted from the programme for Vienna.

Another "debutante" to excel was high jumper Janet Oldall. With a personal best of only 1.65/5'5", she was nervous about being shown up in a competition where everyone else had cleared at least five inches higher. Her fears proved groundless, for she cleared 1.70/5'7"—an inch above her head—at the third attempt, little more than two inches below the winning height. No one can ask more than a personal best in an athlete's first international. Barbara Inkpen showed ahead at one stage, by clearing 1.73/5'8" first time, but could not make 1.76/5'9½" for a share in the points. Rita Schmidt was far from her best, probably due to the long spikes she was using. She was almost literally tripping over herself! Barbara Inkpen hurt her ankle during the third round of the long jump, leaving the challenge to Burghild Wieczorek in the hands of Ann Wilson. Ann jumped a splendid 6.29/20'7½" but the East German girl was safely home with her opening 6.49/21'3½", best in the world this year. The East German girl sprinters gained maximum points, though Della James and Janet Stroud ran up to form.

A fine meeting, marred only by confusion over which East German was which due to a mix-up over numbers. The full-scale outdoor match at the White City on July 10th/11th should not be missed on any account.

COSFORD RESULTS

60m: 1, Hermann Burde 6.8; 2, Peter Haase 6.8; 3, Don Halliday 6.9; 4, Paul Pinnington 6.9. Invitation race: 1, Gunter Gollas 6.9; 2, Stuart Bell 6.9; 3, John Kilpatrick 7.0.

400m: 1, Wolfgang Muller 48.9; 2, Gwynne Griffiths 49.2; 3, Ricky Taylor 49.3; 4, Helmut Ebert 49.5. Time at 200m: 24.0.

800m: 1, Colin Campbell 1:49.7; 2, Alfred Seyfarth 1:49.9; 3, John Greatrex 1:50.2; 4, Reinhard Dominik 1:52.4. Intermediate times: 200m—26.5, 400m—54.9, 600m—82.4.

1500m: 1, Walter Wilkinson 3:44.1 (UK all-comers best); 2, Dieter Hermann 3:47.0; 3, Klaus-Peter Justus 3:48.5; 4, Paul Dennis 3:48.7. Intermediate times: 200m—29.3, 400m—60.5, 600m—1:31.2, 800m—2:00.7, 1000m—2:29.5, 1200m—2:58.5, 1400m—3:27.5.

3000m: 1, Ian Stewart 7:55.6 (UK all-comers best); 2, Gerd Eisenberg 8:00.6; 3, Bernd Exner 8:07.8; 4, Geoff Biscoe 8:13.2. Intermediate times: 200m—32.8, 400m—1:04.3, 600m—1:36.0, 800m—2:08.0, 1000m—2:40.5, 1200m—3:12.3, 1400m—3:44.3, 1500m—4:00.0, 1600m—4:16.2, 1800m—4:47.8, 2000m—5:19.4, 2200m—5:50.4, 2400m—6:22.0, 2600m—6:53.6, 2800m—7:25.0.

60mH: 1, Frank Siebeck 7.9; 2, Raimund Bethge 7.9; 3, Alan Pascoe 8.0; 4, Stuart Storey 8.1.

4x100m: 1, GB 42.9 (Ian Turnbull 11.6, Bell 10.4, Pinnington 10.3, Kilpatrick 10.6); 2, GDR 43.1 (Gollas 11.7, Haase 10.7, Burde 10.0, Bethge 10.7).

HJ: 1, Herbert Huttel 2.00/6'6½" (1.90, 1st; 2.00, 1st; 2.05, fail); 2, Karl-Heinz Grutzner 2.00 (1.90,

1st; 1.95, 1st; 2.00, 1st; 2.05, fail); 3, David Wilson 2.00 (1.85, 1st; 1.90, 1st; 1.95, 1st; 2.00, 1st; 2.05, fail); 4, Leon Hall 2.00 (1.85, 1st; 1.90, 1st; 1.95, 1st; 2.00, 3rd; 2.05, fail).

PV: 1, Wolfgang Nordwig 5.27/17'3½" (European & UK all-comers best) (4.70, 1st; 4.90, 1st; 5.00, 1st; 5.10, 2nd; 5.20, 2nd; 5.27, 1st; 5.34, fail); 2, Mike Bull 5.00/16'5" (4.70, 1st; 4.90, 1st; 5.00, 3rd; 5.10, fail); 3, Joachim Bar 4.80/15'9" (4.60, 1st; 4.80, 1st; 4.90, fail); 4, Martin Higdon (4.10/13'5½" (4.10, 1st; 4.60, fail).

LJ: 1, Siegfried Schenke 7.82/25'8" (7.47, 7.53, 7.52, 7.67, 7.82, 7.61); 2, Klaus Beer 7.57/24'10" (7.26, —, 7.23, 7.57, 7.40, —); 3, Alan Lerwill 7.55/24'9½" (7.43, 7.55, —, 7.26, 7.55, 7.49); 4, Stewart Atkins 6.88/22'7" (6.88, —, —, —, 6.72, —).

TJ: 1, Jorg Drehmel 16.01/52'6½" (UK all-comers best) (16.01, —, —, 15.62, 15.36, —); 2, Tony Wadhams 15.67/51'5" (—, 15.51, 15.67, —, 15.10, 15.18); 3, Klaus Neumann 15.37/50'5¼" (15.37, 15.24, 15.24, 15.25, 15.34, 14.93); 4, Derek Boosey 15.19/49'10" (15.05, 15.03, 15.19, 15.03, 14.75, 15.06).

SP: 1, Hartmut Briesenick 19.59/64'3¼" (UK all-comers best) (19.59, 19.46, 19.41, —, 19.37, 19.07); 2, Heinz-Joachim Rothenburg 19.12/62'8¼" (18.79, 19.12, 18.94, —, —, 18.75); 3, Jeff Teale 16.59/54'5¼" (—, —, —, 16.07, 16.28, 16.59); 4, Bill Tancred 16.27/53'4¼" (15.69, 16.06, 15.93, 16.27, 16.26, 15.39).

Match Result: GDR 73½, GB 54½.

Women's Events

60m: 1, Renate Meissner 7.3 (UK all-comers best); 2, Karin Balzer 7.4; 3, Della James 7.5; 4, Janet Stroud 7.5. Invitation race: 1, Christine Heinrich 7.6; 2, Hilary Davies 7.7; 3, Avril Beattie 7.8.

400m: 1, Marilyn Neufville 54.8 (UK all-comers best; equals Commonwealth & UK best); 2, Waltraud Dietsch 55.9; 3, Jannette Champion 56.1; 4, Barbel Schrickel 58.2. Time at 200m: 26.4.

800m: 1, Rosemary Stirling 2:09.2; 2, Waltraud Pohland 2:09.6; 3, Sheila Carey 2:10.2; 4, Iris Claus 2:12.1. Intermediate times: 200m—29.7, 400m—62.8, 600m—97.4.

1500m: 1, Katharina Clausnitzer 4:24.3 (UK all-comers best); 2, Margaret Beacham 4:25.0 (Commonwealth & UK best); 3, Gunhild Hoffmeister 4:25.0; 4, Gillian Tivey 4:43.4. Intermediate times: 200m—32.5, 400m—67.1, 600m—1:42.7, 800m—2:18.9, 1000m—2:55.6, 1200m—3:32.7, 1400m—4:08.6.

60mH: 1, Karin Balzer 8.2 (world best); 2, Mary Peters 8.5 (eq. Commonwealth & UK best); 3, Susan Hayward 8.7; 4, Burghild Wiecezorek 8.7.

4x100m: 1, GDR 46.5 (Meissner 12.1, Heinrich 11.6, Balzer 11.1, Petra Vogt 11.7); 2, GB 47.6 (Stroud 12.6, Davies 11.9, Neufville 11.4, James 11.7).

HJ: 1, Karin Schulze 1.76/5'9¼" (UK all-comers best) (1.60, 1st; 1.65, 1st; 1.70, 1st; 1.73, 2nd; 1.76, 1st; 1.79, fail); 2, Rita Schmidt 1.76 (1.60, 1st; 1.65, 1st; 1.70, 1st; 1.73, 2nd; 1.76, 3rd; 1.79, fail); 3, Barbara Inkpen 1.73/5'8" (1.60, 1st; 1.65, 1st; 1.70, 2nd; 1.73, 1st; 1.76, fail); 4, Janet Oldall

1.70/5'7" (1.50, 1st; 1.55, 1st; 1.60, 1st; 1.65, 1st; 1.70, 3rd; 1.73, fail).

LJ: 1, Burghild Wiecezorek 6.49/21'3½" (UK all-comers best) (6.49, 6.21, 6.19, —, 6.02, —); 2, Ann Wilson 6.29/20'7¼" (—, 6.10, 6.29, 5.70, —, 6.14); 3, Barbara Inkpen 6.08/19'11½" (5.41, 6.08, —, 5.99, 5.87, 5.46); 4, Karin Schulze 5.51/18'1" (5.51, 5.43, 5.49, 5.40, 5.43, 5.44).

SP: 1, Hannelore Friedel 17.47/57'3¼" (UK all-comers best) (16.02, 17.13, 15.60, 17.47, 17.25, 16.97); 2, Renate Boy 16.80/55'1½" (16.70, 16.60, 16.46, 16.46, —, 16.80); 3, Mary Peters 15.84/51'11½" (15.16, 15.70, 15.77, —, 15.84, 14.90); 4, Brenda Bedford 14.69/48'2¼" (14.69, 14.31, 14.55, 14.37, —, 14.28).

Match Result: GDR 56, GB 39.

EUROPEAN CUP SEMI-FINAL

Zurich, August 1st/2nd

Asset Travel Ltd., advise us that they will soon have to book and pay for accommodation for this trip, and that unless sufficient bookings are made in the near future they will not be proceeding with this tour. Britain are up against USSR and France in this semi-final, one of whom they must beat, to reach the final. Anyone wishing to go to Zurich (leave Friday evening, return Sunday evening, cost 31 gns.) should write without delay to Asset Travel Ltd., 48 Maddox Street, London, W.1.

FRANK HORWILL APPOINTED

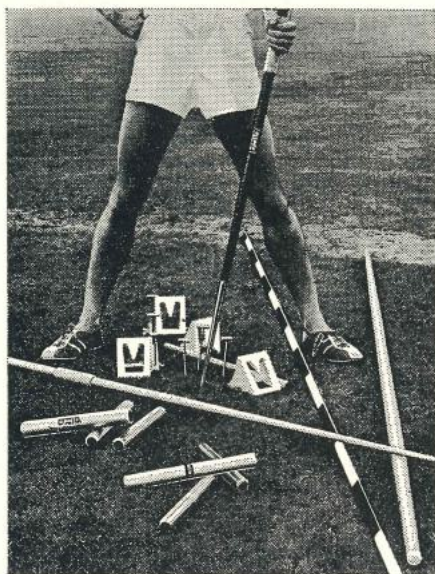
Frank Horwill has been appointed Staff Coach in Middle Distance by the Southern Counties AAA, with responsibility for Juniors and Youths and will work in close co-operation with the existing SCAAA Staff Coach, Harry Wilson.

Senior Coach Peter Orpin requests anyone writing to him in connection with Thurrock H., BMC, Essex Fed. of Coaches, Essex AAA or the Southern CAAA to note that he has moved to "Reduit," 24 King Edward Road, Stanford-le-Hope, Essex. (Stanford-le-Hope 6050.)

Found: At the Northern Cross-Country Championships at Sheffield: pair of spikes and pair of leather gloves. Owners should write to David Haywood, 34 Addison Square, Dinnington, Nr. Sheffield, Yorkshire, with descriptions.

Folkestone AC officers: President, D. Castle; chairman, B. Cove; secretary, F. Clarke, 130 North Road, Hythe, Kent (Hythe 66169); treasurer, Mrs. I. Robbins; capt., P. Wood; ladies capt., Miss H. Robbins.

Altrincham & District AC's secretaryship will be divided as follows throughout 1970: (Track) H. Symonds, 225 Halder Hale, Cheshire; (Road & Fell Running) J. Norman, 64 Dale Grove, Timperley, Altrincham, Cheshire; (Gen. Sec.) A. Hardman, 24 Malpas Drive, Timperley.



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New Title For WAAA Championships

ALTHOUGH less stormy an affair than last year, the WAAA Annual General Meeting in London last Saturday once again saw the management and its challengers square off on several important issues. The chairman, Mr. Richard Taylor, stood again, and pointed out that he was doing so because he had been persuaded to do so. "It had been my intention to resign after last year," he explained, "but the territorials prevailed in persuading me to stay on, and that's why you see me here before you now. I must point out that I was not at the best of my health last year due to an inoculation."

After the trophy presentations, and the Secretary's report, which was adopted unanimously, the meeting settled down to over two hours of discussion over proposed changes to the constitution.

Dave Cocksedge reports on the Women's AGM

Mr. Jim Braben, for Surrey WAAA, spoke first on his three proposals—only the last of which was carried by voters present. Mr. Braben moved that "the Management of the Association shall be vested in the Annual General Meeting and Special General Meetings, the General Committee and the Officers of the Association" and that this be written into the Constitution Laws between paragraphs 6 and 7. This met with large disapproval. Mrs. V. Searle asked: "For what reason does Surrey WAAA want to give the AGM power over the Executive Committee?"

Mr. Braben, in replying, said that was not his intention at all, and that objections raised to his proposal had been "curious". "The authority of the AGM is common law . . . We wish to restore to the Constitution the AGM's place as a component part of the Association: the AGM should be the place to discuss votes on alterations to rules." The motion was defeated by 24 votes to 15.

Surrey's second proposal, concerning travel for Junior Girls to the annual WAAA Junior & Intermediate Championships, was defeated 28-10. Mr.

Braben moved: "That National Championships for Juniors should be held at venues to which competitors from most parts of England can reasonably be expected to travel and return home on the day of the Championships". In opposing this, Mr. Ken Oakley stated that the proposal "gave the impression that the Championships Committee were fools"; and Miss Marea Hartman said that most Championship titles won were pretty representative of all areas of the UK.

By 31 votes to 9 it was decided that a new title be found for the WAAA Championships. Mr. Braben moved that the title should carry the word "National" and that it should be easily identifiable by the general public, and this was mainly agreed with. Mr. Roy Brisley said that "surely the Executive Committee are capable of thinking up a simple, easily remembered title . . . I defy anyone to say that they were proud of the attendance we had at the WAAA Championships last year. Perhaps if we can come up with a better title, and have some improved public relations, we can swell the attendances at our Women's National Championships". Miss Hartman said that she was working on this in conjunction with Roy Moor.

Chelmsford AC's proposal that rule 105 (3) should add: "Juniors may compete against Intermediates except in the shot put" was carried unanimously, but the second part of their proposal that Juniors could compete against Seniors in field events (again, except shot put) in all open meetings was withdrawn in view of the Rules Committee assuring them that this would come about. "But only for Juniors of a sufficient standard to be able to compete against seniors," added Mr. Oakley, the WAAA Coaching Secretary. This would, of course, involve some work on the listing of standards, and these would be available by April, the meeting was told.

The County Borough of Solihull AC's proposal, put forward by Mrs. Slinn, was that a new rule should read: "It is the responsibility of any competitor who accepts an invitation to compete at two meetings on the same day to notify the promoters of her intentions". This was carried with one dissenter.

Huntingdon was transferred to the Southern Counties WAAA to keep in line with the Men's Association, and with a warning from the Midland WAAA that "the WAAA must soon get down to the division of territories into areas" we were on to the next motion before the meeting.

This was the proposal from the Southern Counties WAAA that "the four Territorial Track & Field Championships should be held, if possible, on the first Saturday in June". This was carried, 35-4, after heated discussion. Mr. Braben said it would be "putting the clock back" to impose this date on Area Associations, as most men's county championships were held on that date, and mixed

continued on page 27

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Mike Baxter Takes Leeds & District Title

A Harrogate, February 14th

1. M. Baxter (Leeds Cty) 39.11
2. D. Nicholl (St. John's Yk) 41.05
3. J. Newsome (Wakefield) 41.46
4. B. Fletcher (Wake) 42.06; 5. S. Dobson (Leeds C) 42.20; 6. B. Kilner (Leeds C) 42.28; 7. P. Watson (Pudsey & Bramley) 42.48; 8. J. Craven (Rown) 42.55; 9. D. Hodgson (Leeds C) 42.59; 10. K. Fozzard (H'gate) 43.14; 11. G. Botley (St. John's) 43.35; 12. M. Brown (Skylac) 43.49; 13. H. Pickersgill (Wake) 44.09; 14. D. Hoare (Wake) 44.25; 15. R. Pannell (Leeds C) 45.24; 16. A. Withworth (Wake) 45.47; 17. J. Berry (Wake) 46.01; 18. R. Allen (H'gate) 46.08; 19. B. Gomersall (Leeds C) 46.20; 20. J. McKenna (Leeds C) 46.23; 21. H. Forrest (H'gate) 46.58; 22. D. Huggins (St. J) 47.18; 23. B. Geldard (Pudsey & Bram) 47.34; 24. W. Martin (St. J) 47.42; 25. D. Wood (Leeds C) 47.43.

Teams: 1, Leeds City 21; 2, Wakefield 34; 3, St. John's, York 69.

Juniors

1. D. Slater (Skylac) 31.52
2. H. Broadbent (Wakefield) 32.50
3. R. Betteridge (Wakefield) 32.59



Colin Kirkham (Coventry Godiva) second in the Midland cross-country championship.

G. L. Pike

4. C. Taylor (Wake) 33.33; 5. L. Ianson (Leeds) 34.50; 6. P. Grieve (Leeds Un) 35.06; 7. G. Towers (Leeds C) 35.21; 8. G. Knight (Leeds U) 35.38.

Teams: 1, Wakefield 9; 2, Leeds Cty. 21; 3, Leeds Univ. 25.

Youths

- 1, A. Dell (Leeds GS) 16.35; 2, S. Richardson (Leeds GS) 16.50; 3, R. Brewster (Leeds GS) 16.55; 4, N. Jackson (Wake) 16.56; 5, P. Winton (H'gate) 17.11; 6, J. Tillisch (Leeds GS) 17.26. **Teams:** 1, Leeds GS 6; 2, Wakefield 23; 3, Harrogate 28.

Boys

- 1, M. Chambers (Skylac) 11.59; 2, B. Hinton (Pudsey & Bramley) 12.13; 3, D. Baxter (Leeds C) 12.23; 4, A. Brewster (Leeds GS) 12.30; 5, N. Thompson (Leeds C) 12.35; 6, P. Balmer (Leeds C) 12.37. **Teams:** 1, Leeds Cty. 14; 2, Leeds GS 30; 3, Harrogate 51.

O'NEILL TROPHY

Seniors

- 1, I. Whittle (Luton-Y) 33.25; 2, A. Keith (Huntingdon) 35.12; 3, J. Montgomery (Corby) 35.42; 4, G. White (Lut) 35.56; 5, D. Gartside (Hunt) 36.18; 6, D. Blount (Kettering) 36.28; 7, A. Page (Kett) 36.58; 8, A. Toseland (Kett) 36.58; 9, K. Whittle (Lut) 37.39; 10, A. Kerr (Corby) 38.11. **Teams:** 1, Luton UH 109; 2, Huntingdon 103; 3, Kettering 102; 4, Peterborough 95; 5, Corby 69; 6, Stevenage 55.

Youths

- 1, P. Rider (Watford) 18.00; 2, W. Strickland (Kett) 18.45; 3, B. Day (Kett) 18.54; 4, J. Sullivan (Stevenage) 18.58; 5, G. Shaw (Kett) 19.02; 6, G. Thomas (Lut) 19.04. **Teams:** 1, Kettering 26; 2, Luton 14; 3, Watford 11; 4, Stevenage 9; 5, Huntingdon 4.

Boys

- 1, T. Butt (Steve) 18.29; 2, G. Arnell (Wat) 18.32; 3, G. Dunnington (Lut) 18.48; 4, G. Barber (Kett) 19.01; 5, A. Baskerville (Lut) 19.15; 6, J. O'Kane (Lut) 19.48. **Teams:** 1, Luton UH 49; 2, Watford 43; 3, Kettering 37; 4, Stevenage 20; 5, Huntingdon 19; 6, Peterborough 19.

Colts

- 1, I. Felce (Lut) 12.41; 2, T. Hallett (Lut) 12.42; 3, D. Saunders (Steve) 12.52; 4, R. Harnaman (Lut) 13.06; 5, S. Young (Lut) 13.16; 6, J. Cole (Hunt) 13.55. **Teams:** 1, Luton UH 56; 2, Huntingdon 42; 3, Stevenage 21; 4, Kettering 19; 5, Peterborough 16.

Small Boys

- 1, K. Harwood (P'boro) 14.35; 2, P. Hutchinson (Hunt) 14.46; 3, P. Cole (Hunt) 14.54. **Teams:** 1, Huntingdon 59; 2, Peterborough 55; 3, Kettering 54; 4, Stevenage 38.

Trophy Result: 1, Kettering Town H. 238; 2, Luton UH 228; 3, Huntingdon 227; 4, Peterborough 185; 5, Stevenage & NH 143; 6, Corby Town 69; 7, Watford 54; 8, Phoenix 53.

AMENDMENT

UK Best for 3000m at the age of 15 is 8:53.8 by Robert Weatherley set last year and not 8:54.6 by Barry Smith (1968) as printed.

Spotlight on Youth**By Dave Cocksedge**

A Habit Of Breaking Records

SINCE his earlier years, young Andrew Barnett has got in the habit of breaking records. He does this every year now with a frequency that makes most of us shrug cynically every time we hear of them, and say, "I see Barnett has done it again." He covered one mile in 5:13.4 at the age of 11 in 1967, improved this to 4:43.8 by the time he turned 12, and subsequently lowered his best to 4:29.0 at 13 last June—all these times being World age records. In April 1969 he ran 1500m in 4:08.2, another World best for a 13-year-old. His 4:26.6 for one mile at the age of 14 is a UK age record, and only 1.3 sec. outside Randy Beebe's World best, while the best known performance (4:06.4) over 1500m by a 14-year-old is surely within his grasp also.

"My brother Chris joined Andover & District in 1966", says Andrew, "and I joined some two months later, as there was very little by way of recreation then in Andover. This was when I was ten. I took things seriously when I realised what I could do by finishing second to David Glassborow in the English Schools Cross-Country in 1968 at Stoke-on-Trent.

"I suppose my best performances both happened in 1969, within a month of each other. The first was the English Schools Junior cross-country championship at Leicester. This held for me the most nerve-racking pre-race experience I had encountered, but I must say that I felt more at ease when the coach carrying the Andover supporters arrived. Before that I felt I was in with a chance, but never thought I could beat the rest of the country. The start was one big rush for the front. I had to sprint to a good position and got in behind Kevin Steere (Norfolk) after 150 yards. After only 300y I took the lead. I felt strong and confident, and piled it on from there and opened up quite a gap (about 60y) by the end of the first lap. Before long, however, I began to worry, and looking back at the others, wondered if I had over-judged my race and blown it. But I just kept getting further away from them in the second lap, and remember coming up to the finishing hill about 160y clear. I was really thrilled.

"The second was last April's LAC schools meeting, when I set a World age record with 4:08.2 for 1500m. Barry Smith pushed ahead after a few yards, but I was in a good position and went through the first lap in 61 sec. I was still up there at the bell, though Smith was yards and yards clear by then, and I drew level with Dave O'Donnell along the back-straight. All the way to the finish, I was trying hard to catch John Davies for second place, but could do no more than hold him along the final straight. The speed of the race made me feel tired at the end, but when I heard the time I was overjoyed—4:08.2 with hardly any track preparation!"

**ANDREW BARNETT**

Peter Tempest

Andrew Mark Barnett was born in Andover (Hants) on June 22nd 1955, stands 1.76/5'9½" and weighs 58kg/127lbs. He attends Andover County Secondary School, is a keen member of Andover & District AC, and is coached by Martin Hedges, ex-member of Southampton AAC. He has run 100m in 12.1, 200m in 24.4, 400m in 53.8, 800m in 2:02.9 and 3000m in 9:11.0 apart from his 1500/mile exploits. He trains six days per week the year round.

"In the summer I run 8 miles on the country on a Sunday; do 8x400 with 400m jog recovery and some circuit training on Monday; run a session consisting of 1x300, 1x400, 1x600, 1x800 up and down with a 300/800 recovery on Tuesday; run 5-6 miles fartlek on Wednesday; 10x100 fast and

circuit training and relay practice on Thursday; relax with a few golf swings on a Friday with the club lads; and race every Saturday. In the winter I jog 1½ miles to the club and back home for each session during the working week, but run my usual 8 on a Sunday; play badminton and run 3½ miles on the road (timed) on Monday; do 3 miles road, with 6x100m strides, and warm down with another easy 3 miles on the road on Tuesday; play badminton again with 8x400 on the road with 400 recovery on Wednesday; run 5½ miles fartlek on a Thursday with plenty of hill-work; rest up on Friday and race over the country on Saturday. On my circuit training sessions which I do at least twice a week, I always use light weights."

Andrew obviously gets a lot of pressure with his reputation, and is often hampered with being favourite in races of his age group. Does this unsettle him unduly? "Yes, I frequently feel burdened, but it's something I have to take, isn't it? I really like a challenge, and I don't enjoy being favourite; but getting into the Youth age-group for the first time this year will mean that I won't have so much pressure, I hope".

His biggest disappointment so far, hardly surprisingly, was that disastrous episode of the 1969 English Schools Junior 1500m. "After my victory in Leicester, I hoped for the double as much as Phil Banning wanted to do the same. But I realised when I won my heat on the Friday that things were not right. I really had to push all the way to win it and qualify, and I just didn't seem to have any power in my legs. I feel now that if only I had finished the final, instead of dropping out (the second time I have ever done this), it wouldn't have been so much of a disappointment. To go out like that in front of a large crowd and the Andover followers was a terrible feeling; but, looking back, I know now that nervous exhaustion ruined my chances. By the following Wednesday, I was running as well as ever." On the whole though, Andrew feels that he progressed very well in 1969: "As long as I keep improving my times like that, I can be well satisfied".

He adds: "Fortunately my coach is still young enough (27) to be able to run with me in training, which helps a great deal, particularly on our long runs. Coaching is important, obviously, and will play a large part in my future. I enjoy

group training with the Andover lads during the dark winter evenings. I also like Martin Hedges or John Mullen to be at races; at least you can then talk to somebody who is on your side and knows what you can do, and not the impossible. I believe in taking defeat with success and have no time for excuses and conceit. I enjoy working as a team for my club—the example here has been set by Phil Banning".

To the strong possibility of being offered an American athletic scholarship Andrew has a firm answer: "I am not in favour of British athletes studying at American Universities. I would prefer to study here, especially if the Crystal Palace scheme materialises. I'd hate to get out of touch with England over at somewhere like Villanova". This year Andrew Barnett aims to make the first three in the English Schools track championships ("event not yet decided") and to "improve on all my previous best times and capture World age bests at 1 mile and beat Chris Taylor's 8:57.6 for 3000m at 14. I have two all-time aims: I'd like to get to an Olympics for GB and a medal position; and I'd just love to break four minutes for the mile on a Tartan track in Andover".

Young Athletes' Results

"PRESTIGE" JUNIOR RELAY

At Morden Park, February 14th

WALTON AC fielded a well-balanced team which took this Mitcham AC promoted event for the "Brian Hewson" Trophy, though notable non-starters included Shaftesbury Harriers, and Aldershot were without the services of Bernard Ford—reduced to the role of spectator through a muscle pull. Fast-improving Peter Carton (10.31) of Belgrave surprisingly showed in front after the first leg, 8 sec. in front of Mark Dennison for Aldershot. Peter Adams (10.20) set about taking Aldershot into the lead on the next stage, though he went off course towards the finish, and lost several precious seconds. Meanwhile Cambridge & Coleridge, in the shape of Graham Tuck, was moving down the opposition in coming through to fifth from 16th with the day's fastest of 9.57. Walton's Ron Martin had brought his team into contention also, with a fine 10.11 stint, and on the next stage Malcolm

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COST £11 10s. 0d.

Scholarships may be available for those attending Courses 1 and 2. Full details from C.C.P.R., 26 Park Crescent, London, W1N 4AJ or W.A.A.A. Coaching Secretary, K. A. Oakley, 4 Milbury Drive, Hollingworth Lake, Littleborough, Lancs.

Connelly (10.39) took them to the front, where they stayed to the finish with Justin Dennison taking them through the tape 41 sec. in front of Aldershot's Peter Cowlyn. Grenville Tuck ran a brave, though unavailing lap of 10.10 to bring Cambridge & Coleridge in third.

D.C.

1, Walton (R. Hunt 10.59, R. Martin 10.11, M. Connelly 10.39, J. Dennison 10.20) 42.09.

2, Aldershot, Farnham & Dist. (M. Dennison 10.39, P. Adams 10.20, P. Leitch 11.01, P. Cowlyn 10.50) 42.50.

3, Cambridge & Coleridge (C. Thomason 11.38, Graham Tuck 9.57, J. Lowden 11.14, Grenville Tuck 10.10) 42.59.

4, Blackheath 43.26; 5, Belgrave 43.50; 6, Mitcham 44.46; 7, Guildford & Godalming 45.26; 8, HHH 45.49; 9, Belgrave 'B' 46.18; 10, Eltham Coll. 46.19; 11, Epsom & Ewell 46.34; 12, SLH 47.23; 13, Surrey AC 47.37; 14, Epsom & Ewell 'B' 48.52; 15, HHH 'B' 51.20.

Fastest: 9.57 Graham Tuck, 10.10 Grenville Tuck, 10.11, Martin, 10.20, J. Dennison, 10.20, Adams, 10.27, A. Dunnett (B' hth), 10.31, P. Carton (Bel), 10.31, J. Stowe (Bel).

SURREY BOYS C.C. CHAMPIONSHIPS

At Morden Park, February 14th

- | | |
|------------------------------|-------|
| 1. C. Taylor (Mitcham) | 16.57 |
| 2. P. Francis (Walton) | 17.01 |



Chris Taylor (right) the winner, and Peter Francis, his runner-up, during the Surrey Boys' Championship.

Ron Linstead

- 3, J. Lee (Croydon) 17.37
 4, T. Marsden (Mit) 17.52; 5, P. Kitchenside (Walt) 18.11; 6, R. Langley (Bel) 18.18; 7, S. Jenkins (Walt) 18.21; 8, P. Upton (Mit) 18.24; 9, J. Mitchell (J. Ruskin S) 18.29; 10, D. O'Sullivan (Mit) 18.30; 11, T. Balmer (E & E) 18.38; 12, G. Armstrong (G & G) 18.39; 13, M. Simmons (Mit) 18.44; 14, C. Darby (Wimb. C) 18.59; 15, P. Welch (Sy AC) 19.00; 16, G. Pack (Sy AC) 19.00; 17, J. Totman (Wimb. C) 19.01; 18, C. Arnold (Wimb. C) 19.05; 19, A. Porter (Mit) 19.06; 20, R. Bull (Mit) 19.07. Teams: 1, Mitcham 23; 2, Walton 41; 3, Guildford & Godalming 81; 4, Belgrave 88; 5, Surrey AC 100; 6, SLH 103; 7, Croydon 105; 8, J. Fisher Sch. 116; 9, Epsom & Ewell 127; 10, Beverley S. 184.

Plymouth Schools Championships, February 3rd, (Senior) 1, A. Lightfoot (Devonport) 22.29; 2, M. Vassallo (St. Boniface's) 22.41; 3, S. Mann (St. Boniface's) 2.50. Team: St. Boniface's Coll. (**Intermediates**) 1, F. Elford (Plymton) 17.00; 2, L. Arundel (Camels H) 17.53; 3, S. Chapple (Plymstock) 17.59. Team: Plymstock CS. (**Juniors**) 1, J. Millman (Devonport) 12.24; 2, B. Soole (Tamar) 12.42; 3, I. Turner (Plympton) 12.56. Team: Tamar S.

Preston S. 24, Preston 'B' 76, Preston 'C' 113, Chelton Cantelo H 148, February 3rd. (U 14) 1, K. Doman (Pres) 14.20; 2eq, P. Beckley, R. Tuttrett, K. Cresswell (All Pres) 14.47.



Malcolm Connelly hands over to Justin Dennison for the last leg of the "Prestige" Junior Relay, which Walton won.

Ron Linstead

Change RWA Championship Programme

—Urges Chris Bolton

CHRIS BOLTON, the energetic Lancashire WC walker, organiser and committee man, has some definite views on changes in our Championships. The main points are as follows:-

- (1) The '10' and 20kms are so close to each other in distance that results are practically duplicated.
- (2) Because the '10' incorporates the Inter-County Championship, the latter loses its status and is not treated with the importance due to it.
- (3) The National 20kms, already squeezed into a crowded part for the season, has no corresponding Area championships at the distance as preparation, and is therefore rather an oddity.

Chris says that by withdrawing the '10' and replacing it with an Inter-County 15kms the Championship programme would be greatly improved. The Inter-County event would rank as a major high class event and provide a great incentive to club men to gain selection in the County team. Area Championship distances would be increased to 20kms and a greater separation of Championship distances would be achieved. The recommended Championship sequence would therefore be:- County 15kms; Inter-County 15kms, Area 20kms, National 20kms.

With the Inter-Counties becoming the responsibility of the CAU, the RWA Senior Championship rota would be simplified to one North, one Midland and one South each year.

Chris goes on to say that in view of the comparison in the athletic press lately between the

opportunities given to our cross-country friends and ourselves the difference is that the ECCU, although an autonomous body, fully realises the importance of involving the rest of the athletic world in their affairs and consequently attracts the full support of these people for such events as their Inter-Counties Championships. Chris urges the RWA to press vigorously the CAU to promote and organise the Inter-County Championship (as it was in the 1934 to 1939 period when there was 6 to score in the team championship), while still offering its own expert help and guidance. Not until this step has been taken can we hope to achieve similar recognition to that enjoyed by the ECCU fraternity. . . . even though we can match their results at International level.

Well, there are Chris's views which seem pretty sound to me though I see no reason to change from 10km to 15kms, and it would be a step forward to have Area (yes, South as well!) 20kms in the calendar.

Ilford AC Coaching Course. A one day course for intermediates and beginners is being held at the Cricklefields Track, Ilford, from 10 a.m. to 4.30 p.m. on Sunday, March 8th. A Senior 5km will begin the session and refreshments will be available.

Colin Young

(More Walking News on page 34)

WORLD CLASS MILE RACES await Scottish male and female Milers in North West & North East England this year

**JOIN THE SCOTTISH REGION OF THE
BRITISH MILERS' CLUB NOW!**

Write for an application form from:

**Michael Glen, 98 Charles Crescent,
Boghall, Bathgate, West Lothian.**

**WORLD MILE SUPREMACY IS OUR GOAL—ACT
NOW AS A TEAM AGAINST THE STOPWATCH**

World "Age Records" For Girls

Compiled by Mel Watman

100 YARDS

13	10.8	Margaret Bailes (US)	1964	17	Inferior to 16-year-old record
14	10.7	Sue Rush (Australia)	1961	18	Inferior to 16-year-old record
15	10.5	Jennifer Lamy (Aus)	1965	19	Inferior to 16-year-old record
16	10.5	Brenda Cox (Aus)	1961		
	10.5	Jennifer Lamy (Aus)	1965		
17	10.4	Jennifer Lamy (Aus)	1966		
18	10.4	Dorothy Myles (US)	1967		
19	10.3	Wyomia Tyus (US)	1965		

100 METRES

13	11.9	Sonia Lannaman (UK)	1969		
14	11.6	Claudie van Straaten (SA)	1969		
15	Inferior to 14-year-old record				
16	11.3	Lyudmila Zharkova (SU)	1968		
17	11.1	Margaret Bailes (US)	1968		
	11.1	Raelene Boyle (Aus)	1968		
18	11.1	Ewa Klobukowska (Pol)	1965		
19	11.1	Irena Szewinska (Pol)	1965		
	11.1	Wyomia Tyus (US)	1965		
	11.1	Barbara Ferrell (US)	1967		

200 METRES

(* 220y time less 0.1)

13	24.2*	Renaye Bowen (US)	1967
14	24.0	Claudie van Straaten (SA)	1969
15	23.5	Raelene Boyle (Aus)	1967
	23.5	Pam Greene (US)	1969
16	23.4	Raelene Boyle (Aus)	1968
17	22.7	Raelene Boyle (Aus)	1968
18	Inferior to 17-year-old record		
19	22.7	Irena Szewinska (Pol)	1965

400 METRES

(* 440y time less 0.3)

13	56.6	Mable Ferguson (US)	1968
14	54.3*	Esther Stroy (US)	1968
15	52.6	Kathy Hammond (US)	1967
16	Inferior to 15-year-old record		
17	52.1	Kathy Hammond (US)	1969
18	Inferior to 17-year-old record		
19	52.1	Lillian Board (UK)	1968

800 METRES

(* 880y time less 0.8)

13	2:16.8*	Debbie Norris (US)	1968
	2:16.8	Debbie Timpke (US)	1968
	2:16.8*	Debbie Roth (US)	1969
14	2:12.1*	Debbie Norris (US)	1969
15	2:07.3	Marie Mulder (US)	1965
16	2:06.1	Waltraud Pohland (EG)	1969
17	2:02.8	Vera Nikolic (Yug)	1966
18	2:02.1	Vera Nikolic (Yug)	1967
19	2:00.5	Vera Nikolic (Yug)	1968

1500 METRES

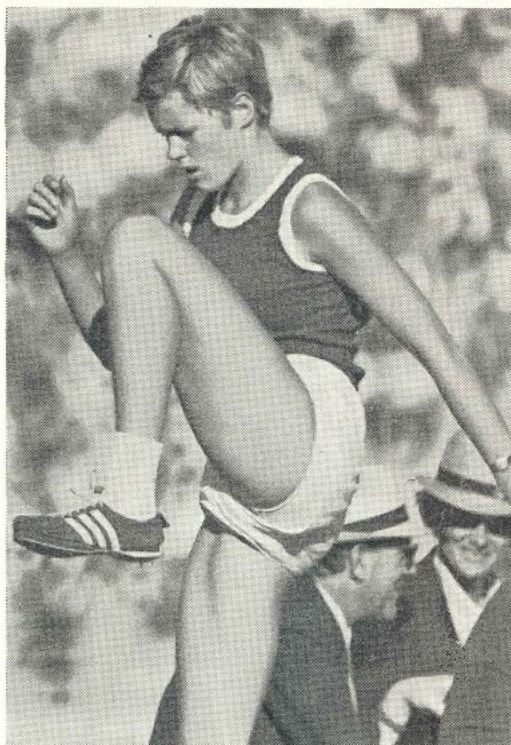
14	4:39.2	Debbie Roth (US)	1969
15	4:33.0	Doreen Martens (Can)	1969
16	4:16.8	Francie Larrieu (US)	1969

MILE

12	5:07.8	Debbie Roth (US)	1968
13	4:59.6	Debbie Roth (US)	1969
14	Inferior to 13-year-old record		
15	Inferior to 13-year-old record		
16	4:58.7	Maureen Dickson (US)	1968
17	Inferior to 16-year-old record		
18	4:54.8	Rita Ridley (UK)	1965
19	4:47.9	Rita Ridley (UK)	1966

100 METRES HURDLES

16	13.5	Maureen Caird (Aus)	1968
17	13.5	Maureen Caird (Aus)	1968
18	13.2	Maureen Caird (Aus)	1970
19	Inferior to 18-year-old record		



Rita Schmidt in action at the European Championships last year where, in spite of jumping 1.83/6'0", she missed out on a medal. Her jumps of 1.87/6'1½" at 17 and 18 are the best on record for those ages.

Ed Lacey

Kathy Hammond, who ran 400 metres in 52.6 at 15, scored an important victory over Lillian Board in last year's Britain v. USA match at the White City.



Tony Duffy

HIGH JUMP

(i) indoor mark

13	1.65/5'5"	Sylvia Kandziora (EG)	1967
14	1.70/5'7"	Sylvia Kandziora (EG)	1968
15	1.76/5'9½"	Sylvia Kandziora (EG)	1969
16	1.76/5'9½"	Rita Schmidt (EG)	1967
	1.83/6'0"(i)	Debbie Brill (Can)	1970
17	1.87/6'1½"	Rita Schmidt (EG)	1968
18	1.87/6'1½"	Rita Schmidt (EG)	1969
19	Inferior to	17/18-year-old record	

LONG JUMP

13	5.81/19'1"	Dora Roberts (US)	1968
14	5.92/19'5¼"	Dora Roberts (US)	1969
15	6.02/19'9"	Sue Scott (UK)	1967
16	6.26/20'6½"	Claude Bouix (Fra)	1963
	6.26/20'6½"	Maria Trio (Italy)	1964
17	6.51/21'4¼"	Manon Bornholdt (WG)	1968
18	6.60/21'7¼"	Irena Szewinska (Pol)	1964
19	Inferior to	18-year-old record	

SHOT

14	12.75/41'10"	Brunhilde Bergmann (EG)	1969
15	13.80/45'3¼"	Wilna Fraser (SA)	1960
16	15.24/50'0"	Gabriele Moritz (EG)	1969
17	15.51/50'10¼"	Dagmar Zachert (EG)	1969
18	16.60/54'5½"	Nadyezhda Chizhova (SU)	1964
19	17.56/57'7¼"	Nadyezhda Chizhova (SU)	1965

DISCUS

13	41.94/137'7"	Sue Culley (Aus)	1966
14	45.85/150'5"	Sylvia Friedrich (EG)	1969
15	Inferior to	14-year-old record	
16	52.55/172'5"	Irina Saponova (SU)	1969
17	Inferior to	16-year-old record	
18	Inferior to	16-year-old record	
19	52.70/172'11"	Liesel Westermann (WG)	1964

JAVELIN

13	49.00/160'9"	Petra Rivers (Aus)	1966
14	51.02/167'4"	Marite Alain (SU)	1966
15	54.05/177'4"	Kathy Schmidt (US)	1969

16	56.77/186'3"	Petra Rivers (Aus)	1969
17	60.54/198'7"	Mihaela Penes (Rum)	1964
18	60.55/198'8"	Barbara Friedrich (US)	1967
19	Inferior to	18-year-old record	

PENTATHLON

13	3786 (80H)	Judy Rejebian (US)	1968
14	3992 (100H)	Judy Rejebian (US)	1969
15	4707 (80H)	Cathy Hamblin (US)	1968
16	Inferior to	15-year-old record	
17	4819 (100H)	Monika Peikert (EG)	1969
18	4890 (80H)	Manon Bornholdt (WG)	1969
	4834 (100H)	Burglinde Pollak (EG)	1969
19	Inferior to	18-year-old record	

COMPETITION WANTED

Manx AC would like to compete in inter-club or open track meetings in the Northern Area within 1½ hours travel of Liverpool. They would also like to hear from any Northern clubs that would like to come to the Island for the day for competition. All meetings before August. Contact B. Whitehead, 2 Marine View Close, Onchan, Isle of Man. (Tel. Douglas 22314.)

KANGAROO CLUB TRAINING DAY

The Kangaroo Club is organising a Training Day for the Southern and Midlands areas on March 1st at Borough Road College, Middlesex (under Dave Terry) and at Aldersley Stadium, Wolverhampton (under Tony Saunders). Courses, which will consist of conditioning, weight-training, track work, jumping, loop films and discussion are for long and triple jumpers. For the Midlands day, athletes should send 5/- fee (10/- for non-members) to Tony Saunders at 2 Parkdale, Tettenhall Road, Wolverhampton, Staffs and bring a packed lunch; and for the Southern day, athletes should send 10/- fee (15/- for non-members) to Dave Terry at 5 Grange Close, Heston, Middlesex. Lunch will be provided.

FUNDAMENTAL WEIGHT TRAINING (4)

HERCULEAN Pat Casey wrapped his massive hands firmly round the bar and heaved it from the two spotters. He lowered it under perfect control to the base of his sternum, waited momentarily for the referee's signal, then rammed it back to arms length—a new world record of 617½ lbs. Over a quarter of a ton in a single bench press!

Whilst training for this incredible feat of strength, Casey made constant use of a power rack so that he could use heavier poundages but not move it as far, i.e. the bar would be already 8" above the chest when the press commenced (10%-30% more weight can be handled in this fashion). For years competitive weight lifters have made use of the same principle with some of their assistance exercises, but have mainly worked off boxes of varying heights.

I used a similar principle 12 years ago and have since modified it in the light of research especially over the last six years. The system which is termed **STAGGERED SETS** is little known in athletic circles but is one of the secrets of not only enormous strength but of strength related to athletic events. Most athletes have used the basic principle at some time before, although probably unwittingly; however, few have realised its true potential because they have not made use of measurements or correct progressions.

Professor Clarke, a famous researcher into strength at Oregon University, has conducted years of study into muscular strength at different angles in a joint's total range. His work is most exacting and will serve to enlighten you about the folly of performing conventional full range weight training movements at the total exclusion of a system such as staggered sets.

During an ordinary single arm dumb-bell curl (measured by a tensiometer) Clarke recorded mean force readings:—at complete arms length, 180°—64 lbs., at 150°—80 lbs., at 120°—90 lbs., then at 40° or at the completion of the movement—45 lbs. Now, because the position of the weight changes in relation to the force of gravity, you only get maximum benefit at one point in the whole range of motion—at 120°; other exercises are similarly affected—in fact the total weight you can handle in most exercises is governed by the point of greatest mechanical disadvantage of the lever.

What does this mean in everyday terms? You may be performing parallel squats or step ups on an 18" bench. The weight that you can handle will be governed by the sticking point (point of

By **AAA National Coach**

Peter Lay

No wonder, for Clarke found that in some mechanical disadvantage) usually just after starting; after that the exercise is completed easily. stances athletes are capable of a force up to 200% greater in the outer ranges of movement. This means that athletes who have performed step ups on a high bench (over 12") have never really effectively exercised the outer range or last few degrees of movement—**THE VERY PORTION USED IN SPRINTING, HURDLING, ALL JUMPS AND MOST THROWS!** You will now realise why I always state the heights of benches, etc.

All my athletes use the system of staggered sets in conjunction with other systems—I stress the range of motion that is used in their events. Study the picture of Howard Davies performing leg presses in part 3 of this series. You will see two pieces of piping governing the range of motion to the last 30°-40° of movement. Lynn Davies uses over 700 lbs. on this machine and Howard Davies and John Williams, both slim 200m/400m types, can lift 690 for reps. Gwyn Williams reps. with 630 lbs. with one leg (last 4" of lock-out).

The picture of Brenda Bedford doing squats in a power rack shows how the principle operates. The stop pins are adjusted so she can lift the bar only the last 8"—a quarter squat. Brenda has used 560 lbs. like this. The whole system is very simple as long as some trouble is taken to set up the apparatus correctly and safely before the exercise is commenced.

Example: Best parallel squat—250 lbs. (I.R.M.).

Set up the power rack or place a bench so that when you sit on it your thighs are parallel with the ground.

Perform the following: 200 x 6
220 x 3

Lift the bar in the racks to the next hole or raise the height of bench 6".

Continue: 250 x 6
290 x 4

Lift the bar to the next hole or raise the bench another 4".

Continue: 330 x 5
370 x 3
400 x 2

If you don't believe you can lift 400 lbs. try the above workout as an experiment; you will be surprised how strong you are through the final part of the range. The same system can be used for step ups by progressively lowering the height of bench or in incline bench press utilising power racks or boxes to rest the weights on. In fact you may adapt most of the exercises that I have described in this series to accommodate staggered sets.

Novices are advised not to overdo this type of work but the intermediate and advanced man can use it with devastating effect.

EXERCISES

SEATED PRESS BEHIND NECK

Take a barbell off racks so it is placed on the shoulders, hands gripping overgrasp about 3" wider than shoulders. Sit on a chair or bench. Press the bar overhead, lower and repeat.

Hints for better performance:

This exercise is great for eliminating cheating. Keep the elbows well out under the bar and ensure complete lock out at the top of the movement. Do not look at the bar.

Variations:

Standing press behind neck. A good exercise to give a change from standing presses or dumb-bell work.

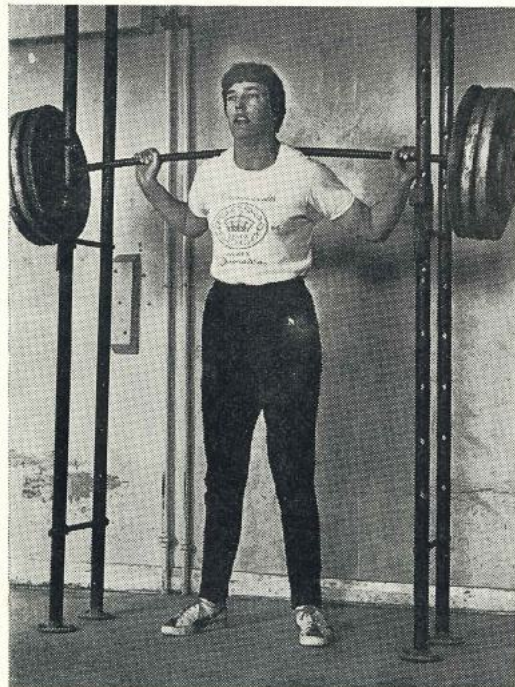
Develops/strengthens:

Good for developing shoulder mass for shot putters and discus throwers. Front and side shoulders (anterior and lateral deltoids), muscles at the rear of the arm (triceps), deep-lying shoulder muscle (supraspinatus).

* (Shot), (PV)

BARBELL SKIP RUNNING

Take a barbell off racks so that it rests on padded shoulders comfortably. Take off the left leg in a high skip lifting the opposite thigh parallel with the ground, land on the left leg. Step forward and take off the right leg, lifting the left



Brenda Bedford using the Staggered Set system whilst performing squats in the power rack.

Gordon Roberts

high parallel with the ground. Continue in an easy but quite fast rhythm. One of the best and most specific leg power exercises.

Hints for better performance:

Ensure a clear space in which to exercise, preferably about 20 yards long. Drive for height, ensuring maximum leg extension, not for length and make sure the opposite thigh comes through high. Don't use excessive weight to start with—learn good balance and drive first. An exercise everyone can enjoy without having to have complicated apparatus.

Develops/strengthens:

Front of thighs (quadriceps), rear of lower leg (gastrocnimius, soleus).

*** (Sprints), (MD), (Jumps), (Jav), (PV)

* (Shot), (Disc)

BENT OVER ROWING MOTION

Grip a barbell overgrasp very wide, 14" outside each shoulder. Keep the body in a bent over position so that the torso and legs are forming a right angle. Lift the bar just clear of the floor then pull it up to the chest. Lower and repeat for the number of reps required without touching the floor in between. Keep bent over, upper body horizontal.

Hints for better performance:

If you handle really heavy poundages, over 200 lbs., then you will learn a rhythm of lifting slightly with the lower back then dropping the chest to meet the bar at the top of the lift—this is termed a cheating movement and is a good variation. If on the other hand you want to be strict, keep the body perfectly still; in fact, go one stage further and place the forehead on the back of a chair. Concentrate on the back muscles pulling—not the arms.

Variations:

Dumb-bell rowing, single arm rowing, leverbell rowing, bench top rowing, reverse grip to waist rowing, narrow grip rowing.

Develops/strengthens:

Upper section of back (latissimus dorsi, teres major, infraspinatus, teres minor, posterior deltoid).

* (PV)

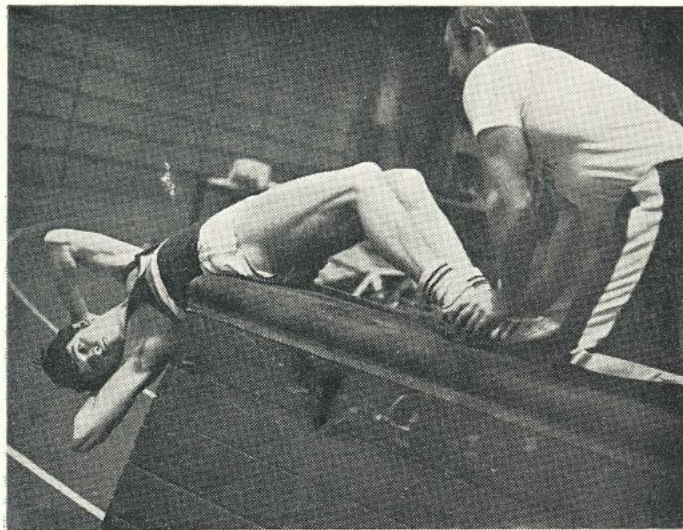
The exercise does not aid propulsion of shot or discus but is important for adding mass to the upper body.

BENCH END TWISTING SIT-UPS

Sit on the end of a bench at least 3'0" high, bend the legs so that the feet are flat on the top of the bench and have a training partner hold them firmly. Place the hands behind the head and lower the body as far down as you can. Twist to the left before you curl upwards and keep the twisted position fixed throughout the movement. Lower and repeat, this time twisting to the right. A disc weight may be used for added resistance as you get stronger. This is one of the finest in the whole sit-up range.

Variations:

Flat sit-ups, incline sit-ups, Iso-squeezes, curved bench sit-ups, continuous tension sit-ups—twists



Assisted by Peter Lay, Howard Davies performs bench end twisting sit-ups.

Gordon Roberts

may be added to any of these variations.

Develops/strengthens:

Frontal waist (rectus abdominis), side waist (external and internal obliques) (iliac proas to some degree).

*** (Jav)

** (PV)

* (Shot), (Disc)

An excellent waist conditioner.

CALF JUMPING SQUATS

Place a barbell comfortably on padded shoulders. Bounce up and down as high as possible by using the calf muscles alone, i.e. keep the legs as straight as possible.

Hints for better performance:

This is one of the best of a small group of calf power exercises. Keep an easy rhythm by rebounding out of each movement as high as possible. Keep high on the balls of the feet.

Variations:

Hold dumb-bells.

Develops/strengthens:

Rear of lower leg (gastrocnemius, soleus and numerous assistants).

*** (Jumps), (Sprints), (Hurdles)

DECLINE STRAIGHT ARM PULLOVERS

Use a bench declined at 60° with the end raised at least 16" off the floor. Hang downwards so that the arms can just touch the floor behind. Hook the feet under a sturdy strap. Grip a barbell, palms facing upwards about 3" wider than shoulder width. Keeping the arms straight, lift the bar in a smooth arc until it is straight above the chest. Lower and repeat for the desired number of repetitions.

Variations:

Swing bell or dumb-bell; alternate dumb-bell pullovers or use kettle bell handles, bouncing pullovers.

Develops/strengthens:

Frontal chest muscles (Sternal portion pectoralis major), large muscles under the arms (latissimus dorsi helped by teres major), Assistants—rear shoulder and back of arms (posterior deltoid and triceps long head).

*** (PV), (Javelin)

QUESTIONS AND ANSWERS

Q. What is specificity?

A simple paragraph is not sufficient to sum up up this important law, so I will try to give a few examples to ensure a clear understanding. Paul Anderson, one of the all-time weight lifting "greats", could full squat with over 1,000 lbs. Rightly you would assume Anderson had enormous strength in his legs but Bob Beamon, Igor Ter-Ovanesyan and Lynn Davies could not squat with half the weight Paul Anderson used, yet they can long jump over twice as far. Their power is specific to long jumping and not to full squatting as Anderson is specific to squatting not long jumping.

I recently had a letter from a javelin thrower. He enthused . . . "My bench press has risen from 195 lbs. to 265 lbs. over winter. I can't wait for the season to come fast enough to see how I have improved in my throw." Sadly, bench pressing has no relationship with javelin throwing so even if he improved to 350 lbs. he still wouldn't launch the spear any further.

Another letter, this time from a sprinter, gave me the following misguided schedule: standing press, curls, triceps curls, upright rowing, dead lift and step ups . . . Will I improve my sprinting?—came the anticipatory request. "Most certainly," I replied, "if anyone popularises running on the hands!"

I am not against some general body strength, in fact I often advocate beginners perform an all

round schedule first then move on to more specific work. But **PRIORITY** must be given to exercising the muscles that are directly involved in propelling either an implement or the body depending upon the event. If the javelin thrower had concentrated on dumb-bell pullovers or decline pullovers instead of working like a man possessed on the bench press, he would have stood much more chance of improving his throw. Likewise the sprinter, if instead of doing five upper body exercises and the exercises for the legs, he had reversed the priority, then his chances of success would have been trebled.

The above examples may be quite clearly defined however true specificity is even finer. It is possible to become impressively strong on the flat bench but relatively weak on an incline bench while performing bench presses. So a shot putter who works continually on a flat bench is **NOT** directly exercising the **section** of the muscle that will aid shot propulsion—hence limited improvement. So you have learned one of the most important, yet least understood principles of applied strength training. To obey the law of specificity you must give priority to the identical muscles or sections of muscles that aid body or implement propulsion. General strength will not hinder you but there is no evidence that it will help you either.

Tied in with specificity there is a term—maxi-

mum transfer of training effect. Strength you obtain in weight training is utterly useless unless you can use it in your event. To ensure maximum transfer of training effect, swimmers like world record holder Mark Spitz perform resistance exercises through the exact movement of propulsion in swimming by using an Iso-exerciser and Iso-kinetic exercises. Some of our throwers in this country make use of this principle also—Wilf Paish is a strong advocate especially for discus and javelin throwers. To work the muscles in related motion you must utilise either a system of pulleys (sometimes difficult to rig up) or, much better, an Iso exerciser manufactured by Cantabrian. The latter is an excellent device that can be fixed to wall bars, beams or even an ordinary doorway; a whole series of simulated throws and activities can be performed in this way.

The last part of specificity has already been explained at the beginning of today's article: Give priority to strengthening the exact portion of the range of joint movement that is related to your event.

To summarise: the law of specificity has three parts, to abide by it ensure you:

1. Give priority to exercising the muscles or sections of muscles that contribute to the propulsion of the body or implement.
2. Try to obtain maximum transfer of training effect by performing some movements relative to the movement involved in your event. (Iso exerciser work, hill sprinting and harness work fall into this category.)
3. Strengthening the correct portion of the whole range of movement (as in staggered sets or Iso-kinetic work).

Weight training for the sake of weight training is not result producing. If you want the very best results—**BE SPECIFIC**.

Q. Should I train with weights before or after my event training?

If you train properly with weights the muscles exercised will be very fatigued and therefore unable to perform the skilled movements of your event. I recommend you have about 30 minutes rest following your event training then go into your weight workout. Make sure you keep warm during the break by wearing a tracksuit, sweater, and towel wrapped round your neck. Don't fool or play about, thus dissipating energy—either set up the apparatus or rest quietly.

BMC TRAINING DAY

The North East region of the British Milers Club is holding a Training Day on Sunday, March 8th at the Eston Sports Centre, Tees-side, commencing at 10.30 a.m. The session will include all aspects of middle distance training using excellent indoor facilities and outdoor work on the Cleveland Hills, concluding at approximately 3.30 p.m. Charges are 2/6 for BMC members and 3/6 for non-members. Applications should be made to Gordon Surtees, 8 Greenwood Road, Billingham, Tees-side. Hot meals and refreshments will be available on the day.



Peter Lay using the Iso X for upright rowing. All throws may be simulated on this compact piece of apparatus.

Gordon Roberts

RESULTS IN BRIEF

February 1st

Northern Veterans 10km Road Race, at Bolton.

1. J. McAllister (Wirral) 32.15; 2. W. Lindsay (Teviotdale) 32.35; 3. J. Haslam (Bolton) 33.05; 4. L. Nicholson 34.09; 5. E. Fowley (Bolt) 34.12; 6. D. Wood (Leeds) 34.19; 7. D. Mitchell (Bingley) 34.32; 8. J. Gowlands (Rowntree) 34.39; 9. J. Lawton (Leeds) 35.15; 10. C. Beeston (Dby) 35.36; 11. S. Hardicker (MAC) 35.49; 12. A. Lawton (Leeds) 35.56; 13. M. Porter (Stret) 36.12; 14. E. Wallace (Wirr) 37.08; 15. J. Longden (Sutt) 37.16. Handicap: H. Caplan (15.00) 27.41.

Indoors, at Madeley College, Crewe. HJ: 1.

L. Gibson 1.88/6'2"; 2. A. Boosey 1.73/5'8".

Northern Command T & VR Cross Country Championships, at Strensall. 1. S. Dobson 30.24; 2. G. Dowling 33.22. Team: 4th Parachute Rgt.

February 4th

Reading Univ. 41, St. Mary's Coll. 65, RMA Sandhurst 69, at Reading. 1. P. Martin (Read) 28.05; 2. Riddle (RMA) 28.07; 3. T. Noonan (St. M) 28.35; 4. G. Sowler (Read) 28.54; 5. R. Fields (Read) 29.26; 6. M. Dennett (Read) 29.26.

February 7th

Reading Univ. 28, Paris University 60, Reading Univ. "B" 85. 1. G. Sowler (R) 29.14; 2. G. Davis (Read) 29.31; 3. R. Fields (Read) 29.31; 4. E. Bull (Paris) 30.19; 5. C. Downing (R) 30.43; 6. J. Fogel (P) 30.56.

Bala Lake '11' 1. A. Owen (Aberdeen Univ) 60.00; 2. R. Harrison (A'Deen Un) 61.40; 3. T. Miles (Wrex) 62.45; 4. R. Billington (Wrex) 64.15; 5. A. Anderson (A'deen) 64.50; 6. J. Evans (A'deen Un) 64.50. Team: Aberdeen Univ. Dragons.

February 11th

Manchester Univ. 28, Loughborough Colls/Univ. 61, Lancs. Constabulary 113, at Wythenshawe. 1. R. Sibson (Lough) 20.42; 2. H. Barrow (M) 20.48; 3. C. Taylor (M) 21.09; 4. eq. D. Reed & A. Carter (both M) 21.22.

February 14th

Erith & Dist. Club Championships, at Tonbridge. 1. J. Flood 44.13; 2. S. Alexander 44.59.

Veterans AC 5M Cross-Country. 1. D. Page (10.50) 24.07; 2. J. Williams (10.40) 24.57; 3. J. Richards (6.00) 25.14. Fastest: D. Hardy 28.52.

Lauriston Runners Club 6M, C.C. Championship, at Wimbledon. 1. D. Holt 29.30; 2. R. Holt 29.32; 3. J. Roberts 30.29; 4. F. Gilson 31.26; 5. P. O'Connor 31.30; 6. M. Fuller 31.52; 7. J. Thresher 32.56; 8. M. Fearnon 32.58; 9. D. Fernee 33.13; 10. A. Trowell 33.22.

Turner Trophy, at Parliament Hill. 1. J. Street (Barnet) 28.03; 2. M. O'Hara (Horn) 28.26; 3. I. Nuckey (Barnet) 28.48; 4. D. Galloway (Horn) 28.49; 5. M. Hegarty (Horn) 29.53; 6. J. Sullivan (Horn) 29.56. Teams: 1. Hornsey 24; 2. Barnet 53; 3. Shaftesbury 63.

British best for the mile by a 15-year-old should read 4:18.5 by John Hiron in 1968, and not Mike Mike Tagg's 4:20.5 as printed last week.

SATURDAY, 15th AUGUST, 1970

THE BRACKNELL RELAYS

(METRIC DISTANCES)

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

SPORTS STADIUM, Bagshot Road, Bracknell, Berks.

Sponsored by the Easthampstead Rural District Council

Please note the date for your fixture lists

The Events are :

Junior Ladies: 4 x 100m

Inter. Ladies: 4 x 100m, 4 x 200m, 4 x 400m.

Senior Ladies: 4 x 100m, 4 x 200m, 4 x 400m, 3 x 800m

Youths: 4 x 100m, 4 x 200m, 4 x 400m

Juniors: 4 x 100m, 1600m. Medley

Seniors: 4 x 100m, 4 x 200m, 4 x 400m, 4 x 1600m, 1600m. Medley

For information, write to

R. H. Apps, 1 Dundas Close, Bracknell, Berks. (Tel. 23302)

League Races

BIRMINGHAM LEAGUE (Division 1) At Rugby, February 14th

1. I. Stewart (Birchfield)	31.08
2. A. Dean (Stoke)	31.36
3. J. Wright (Tipton)	31.47
4. D. Fownes (Tipton) 31.50; 5. K. Rollason (Tip) 31.51; 6. A. Rushmer (Tip) 31.53; 7. R. Cooper (Worcs) 32.04; 8. S. Lynch (AEI Rug) 32.06; 9. A. Birks (Stoke) 32.15; 10. N. Deakin (Stoke) 32.34; 11. P. Stewart (Birch) 32.42; 12. C. Roberts (Stoke) 32.43; 13. P. Birks (Stoke) 32.44; 14. S. Commer (W & B) 32.44; 15. M. Orton (Tip) 32.50; 16. A. Walker (Stoke) 32.52; 17. K. Bond (Worcs) 33.08; 18. D. Hope (Worcs) 33.20; 19. P. Allen (Tip) 33.28; 20. M. Evans (Tip) 33.29; 21. J. Potts (Birch) 33.38; 22. P. Lynch (AEI Rug) 33.45; 23. B. Cook (W & B) 33.47; 24. G. Wood (Tip) 33.51; 25. J. Lees (W & B) 33.54; 26. A. Rock (Tip) 33.57; 27. T. Thomas (AEI Rug) 33.59; 28. W. Malpass (Tip) 34.11; 29. A. Jenkins (Worcs) 34.14; 30. R. Brown (Birm. Un) 34.19; 31. N. Baldwin (Birch) 34.22; 32. M. Bardsley (Birch) 34.26; 33. C. Hunt (W & B) 34.29; 34. F. Norrish (AEI) 34.31; 35. P. Hanneman (W & B) 34.36; 36. M. Childs (AEI) 34.38; 37. P. Bartlett (Birch) 34.41; 38. R. Davies (Birch) 34.46; 39. B. Cole (Tip) 34.51; 40. K. Boyden (Tip) 34.52.	
Overall Individual Winner: Dean.	

Overall Individual Winner: Dean.
Teams: 1, Tipton 52; 2, Stoke 62; 3, Birchfield 133; 4, Wolverhampton & Bilston 174; 5, AEI Rugby 174; 6, Worcester YMCA 202; 7, Birmingham Univ. 261; 8, Halesowen 376. **Final Positions:** 1, Stoke 300; 2, Tipton 326; 3, Birmingham Un. 588; 4, Worcester YMCA 695; 5, Birchfield 716; 6, Wolverhampton & Bilston 761; 7, AEI Rugby 833; 8, Halesowen 1547.

Youths

1. G. Page (Wolverhampton & Bilston) ...	17.51
2. K. Perry (Halesowen)	17.57
3. S. Walton (Tipton)	18.00
4. J. Patton (Birch) 18.05; 5. A. Grice (Tip) 18.20;	
6. P. Childs (AEI) 18.21; 7. N. Jinks (Worcs)	18.22;
8. D. Everson (W & B) 18.47; 9. I. Rowbot-	
ham (W & B) 18.51; 10. H. Borley (Hales) 18.53;	
11. P. Howard (Stoke) 18.56; 12. G. Jackson	
(Birch) 19.00; 13. D. Ashe (Stoke) 19.02; 14. P.	
Parker (W & B) 19.03; 15. A. Mountford (Stoke)	
19.05	

Teams: 1, Wolverhampton & Bilston 18; 2, Tipton 30; 3, Halesowen 31; 4, Birchfield 32; 5, Stoke 39; 6, Worcester YMCA 52. **Final Positions:** 1, Birchfield 81; 2, Halesowen 106; 3, Stoke 118; 4, Tipton 151; 5, Wolverhampton & Bilston 152; 6, Worcester YMCA 234.

SOUTH EAST ESSEX LEAGUE At Brentwood, February 14th

1. J. Drake (Basildon)	29.00
2. M. Battv (Thurrock)	29.48
3. D. Smith (Hadleigh)	29.50
4. A. Down (Had-J) 30.00; 5. C. Reed (Had-I) 30.52; 6. P. Fulcher (Chelms) 31.55; 7. G. Knight	

(Ex. Bgls) 32.10; 8, D. Staines (Thurr) 32.12; 9, T. Pailthorpe (Hav) 32.14; 10, P. Cheatle (Ex. Bgls) 32.16; 11, A. Lee (Ex. Bgls) 32.20; 12, S. Walker (Thurr) 32.25; 13, R. Bryan (Hav) 33.00; 14, W. Stowe (Hav) 33.05; 15, K. Burgess (Chelms) 33.09; 16, K. Dawson (S'end) 33.22; 17, D. Fortune (Ex. Bgls) 33.35; 18, N. Webber (Had) 33.41; 19, D. Watts (Ex. Bgls) 33.42; 20, J. Parker (S'end) 33.44; 21, D. North (Hav) 33.49; 22, L. Sawkins (Had) 33.51; 23, D. Munns (Bas) 34.03; 24, B. Hill-Cottingham (Chelms) 34.05; 25, A. Rogerson (Bas) 34.08. **Teams:** 1, Thurrock 61; 2, Essex Beagles 64; 3, Havering 85; 4, Hadleigh 110; 5, Chelmsford 114; 6, Basildon 153.

Youths

1. B. Smith (Thurrock)	14.16
2. J. Sherry (Basildon)	14.53
3. M. Webb (Harlow)	14.57
4. J. Bishop (Thurr) 15.06; 5. P. Horton (Thurr) 15.09; 6. S. Barr (Thurr) 15.16; 7. R. Hannan (Ips) 15.21; 8. S. Mead (Ex. Bgls) 15.24; 9. R. Green (Har) 15.31; 10. D. Corcoran (Ex. Bgls) 15.36.	
Teams: 1, Thurrock 16; 2, Harlow 45; 3, Essex Beagles 78; 4, Southend 113; 5, Colchester 123; 6, Havering 172.	

Women

P. Elder (Hadleigh) 22.34. **Team:** Hadleigh Olympiads 6. **Final Positions:** 1, Hadleigh Oly. 38; 2, Havering 29; 3, Southend 22.

HAMPSHIRE LEAGUE At Southampton, February 14th

1, C. Fry (Bournemouth) 28.26; 2, J. Lewis (Southampton) 28.42; 3, M. Hyman (Ports) 28.52; 4, T. Davis (AFD) 29.15; 5, D. Harrison (AFD) 29.30; 6, M. Woodford (S'ton) 29.34; 7, M. Woods (AFD) 29.40; 8, A. Wale (Ports) 29.46; 9, D. Curwell (AFD) 29.57; 10, D. Amey (Sal) 29.59; 11, I. Gilmour (Sal) 30.03; 12, M. Curthoys (Sal) 30.10; 13, J. Fletcher (AFD) 30.12; 14, D. Baikay (AFD) 30.17; 15, S. Bulpitt (S'ton) 30.21. **Teams:** 1, Aldershot, F & D 38; 2, Salisbury 73; 3, Southampton 83; 4, Portsmouth 83; 5, Bournemouth 101; 6, Weymouth SP 150. **Final Positions:** 1, Aldershot 42; 2, Bournemouth 31; 3, Southampton 30; 4, Salisbury 23; 5, Portsmouth 22; 6, Eastleigh 18; 7, Weymouth SP 8; 8, Andover 7. **Individuals:** 1, Davis 16; 2, Woods 27; 3, Woodford 32.

NOTTINGHAMSHIRE CHAMPIONSHIPS At Nottingham, February 14th

Juniors

1, K. Melvin (Lowdham) 37.22; 2, S. Brooks (Notts HS) 39.03; 3, L. Grocott (Lowdham) 40.00. **Team:** Lowdham.

Youths

1, T. Colton (Workshop) 24.55; 2, S. Fox (Workshop) 25.48; 3, S. Baker (Notts) 25.58. **Teams:** 1, Workshop 22; 2, Notts 26; 3, Notts HS 42.

Boys

1, T. Bell (Workshop) 17.26; 2, S. Fisher (Workshop) 17.32; 3, P. Andrews (Workshop) 17.42. **Teams:** 1, Workshop 14; 2, Bilborough GS 30; 3, Notts HS 61.

Northern Counties AA Notes

Affiliations have been approved from: Whitley Bay Borough Council, No. 1 Dist. (Closed Club); Sunderland College of Education, No. 1 Dist. (Closed Club); County Borough of Gateshead, No. 1 Dist. (Closed Club); Cockermouth Amateur Sports Assn., No. 3 Dist. (Open Club); St. Augustine of Canterbury School, No. 5 Dist. (Closed Club); Macclesfield AC, No. 8 Dist. (Open Club); Manchester Fire Brigade, No. 8 Dist. (Closed Club); Civil Service Sports Council, No. 8 Dist. (Closed Club); Louth & District H., No. 13 Dist. (Open Club).

Resignations have been received with regret from: Wigan Y & S Centre, No. 8 Dist.; Rochdale Police SC, No. 8 Dist.; Preston Borough Police AC, No. 4 Dist.; Woodbank Park Community Centre, No. 8 Dist.; Blackburn Police AS, No. 4 Dist.; Ingleton Club, No. 4 Dist.; County Borough of Gateshead Constabulary, No. 1 Dist.

Change of Title: The organisation formerly affiliated under the title of Birkenhead Youth Committee is now Woodchurch Sports and Athletic Club.

Allocated NCAA Championship Events: 10,000m: to be staged by Lancashire AAA, at Kirkby Stadium on May 10th; 20M. Road Race: to be staged by Pembroke A & CC, on May 30th; Marathon: to be staged by Longwood H, on March 30th; 3,000m Walk and 3,000m Junior Walk: to be staged by Oldham & Royton H & AC, on June 6th; Junior Pentathlon and Senior Decathlon to be staged by Blackburn H & AC, on May 2nd/3rd; 50M. Road Relay: to be staged by Derby & County AC, on March 28th; 25M. Road Relay: to be staged by Blackpool & Fylde AC, on October 3rd.

NCAA Under 19's Championships: In line with development at AAA level, the 1970 Juniors' and Youths' Championships to be held at Derby on

July 4th are to be termed the "NCAA Under 19's Championships".

Coaching: Mr. Carlton Johnson has been appointed AAA National Coach with special responsibility for work in Districts 1, 2, 3 and 4 of the Northern Counties. He will take up his duties officially in April or May.

George Gandy,
NCAA Administrator

BEDS. & HUNTS. CHAMPIONSHIPS At St. Neots, February 14th

Youths

1, S. Sharratt (Luton) 21.38; 2, I. Graham (Bedford MS) 22.52; 3, G. Thomas (Luton) 23.40; 4, R. Sray (Bedford MS) 24.04; 5, K. Cole (Hunt) 24.22; 6, L. Shaw (Luton) 24.44. **Team:** Bedford Modern Sch. 21.

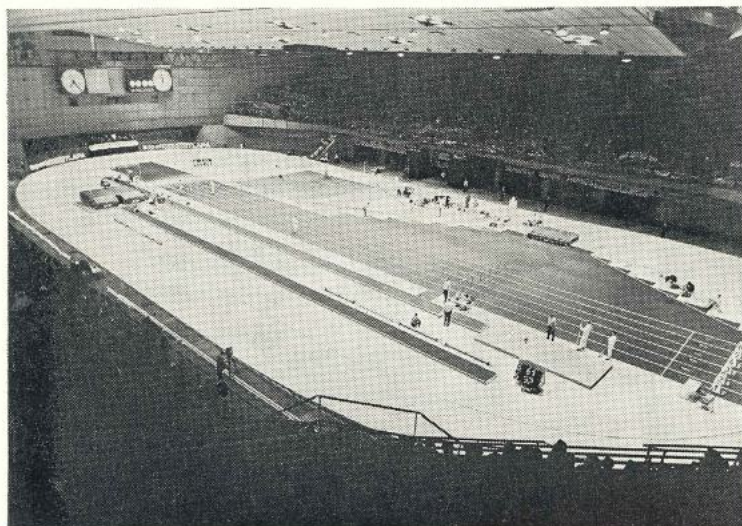
Boys

1, G. Dunnington (Barnfield S) 16.19; 2, A. Baskerville (Barnfield S) 16.22; 3, A. Farr (Barnfield S) 16.33; 4, J. O'Kane (Luton) 16.38; 5, R. Thompson (Luton) 16.52; 6, P. O'Dell (Bedford) 16.58. **Teams:** 1, Barnfield S. 72; 2, Luton 74; 3, Bedford MS 77; 4, Stratton S. 109; 5, Longsands S. 121.

Colts

1, P. Harnaman (Luton) 11.00; 2, T. Coulter (Luton) 11.09; 3, T. Hallett (Luton) 11.29; 4, D. O'Shea (Hunt) 11.46; 5, P. Keenan (Luton) 11.49; 6, S. Khan (Luton) 11.51. **Teams:** 1, Luton 25; 2, Stratton 64; 3, Longsands 90.

Would any clubs intending to hold Open Hammer competitions or willing to include guests in their Hammer Competitions this season send details to M. Davies (Hon. Sec., Hammer Circle), 66 Birch Grove, Hampstead, Kent, who can then circulate the information to Hammer Circle members.



This is Vienna's magnificent arena, the Stadthalle, which will be the scene of the first official European Indoor Championships on March 14th/17th.

LETTERS

MORE TOP COMPETITION NEEDED

Dear Sir,

The recent correspondence about the WAAA and Miss Hartman has been most interesting. Quite a few issues are involved and maybe, as editor of the only World Yearbook of Women's T & F I may be allowed to add some remarks.

(1) With the exception of East Germany, British coaches and coaching systems and organisation at national, club and individual level, is probably higher and more skilled than anywhere else in the world (and this includes West Germany—and also the USSR whose coaches have in fact shown no more originality in T & F than they have in soccer). The good standard of British throwing shows up when one examines foreign ranking lists in depth. Excepting the GDR and USSR, our 10th, 30th 50th best in 1969 were as good or better than those of any other nation, so evidently our methods do produce a good basic product.

(2) Where we fall down, I beg to think, is we totally fail to give our bright throwers the experience which is absolutely vital to enter the world elite. A study of continental activity in 1969 for instance shows Europe's top throwers—Manoliu, Illgen, Spielberg, Gummel, Khristova, Jaworska, Ranky, etc.—travelling from big meet to big meet throughout the year, opposing each other repeatedly and so enjoying the highest possible competition almost every week in the whole season. To how many such meetings were Platt, Porter, Peters, Bedford, Bloss, Payne, Farquhar and French, to name a few of our best and dedicated throwers, sent? They should have gone to at least SIX each. And that should continue EVERY YEAR as long as they remain at the top of our tree, for as in tennis, golf or football, top stars will only keep or improve their form by constant competition with adversaries of equal calibre. Until our top women throwers get such competition automatically every year, we will never have world aces however good our basic coaching set-up is. And the WAAA, who unlike the AAA are not always scraping the barrel for money, can well afford to underwrite such trips (and cut down if need be on some of the sprinters and middle-distance runners' trips).

(3) The Hartman Throwing Circus may continue ... until it peters out. It will do no harm ... nor will it do any appreciable good. One hopes it will at least not fall for the old British bogey of 'big uns'. More proof that polished speed and fluid technique is better than mere size came last year when Srbova improved the shot record of a major throwing nation (Czechoslovakia)—she is 5'3" and weighs under 130 lbs—much smaller than the average British thrower.

(4) Finally, the one thing the WAAA must never do is to lose its autonomy and independence. For 30 years the men have endeavoured in every way possible to cajole, coerce, constrain or force the women into their own AAA and subjugate

them to their will. The absorption of the WAAA by the would-be dominators of the AAA (or whatever the old gang under a new name might be called) would deal an irreparable deathblow to women's T & F in the British Isles. They would get the crumbs—if they begged abjectly enough.

Pete Pozzoli,

Enfield Lock

WOMEN'S ATHLETICS

Dear Sir,

And how would Mr. A. Harrison of Northampton 'ensure that every county is served by a women's association and coaching scheme'? Some counties would find it difficult to find a dozen women athletes of average club standard, let alone people able and willing to take on the work involved in running a county association, or a batch of competent coaches. You don't conjure such people out of thin air.

At least the "Big Girls" effort was a constructive idea and even if only two or three emerge to become athletes with possible international potential, it will have been worthwhile.

W. Peters,

Surbiton

COUNTY SECRETARIES WERE INFORMED

Dear Sir,

As organiser of the National Women's Inter-Counties Cross-Country on January 24th, at Blaise Castle, I feel I must have the opportunity of answering Mr. T. G. Adams (letters, February 14th).

When the entries went out, our association proposed having team races for all age groups. When all entries had been received I, myself, received a letter from the Women's Cross-Country & Race Walking Association that on no account was there to be a county team race for minor girls—only as Individuals. All county secretaries were immediately informed of this decision.

I feel, also, that Mr. Adams must get his facts in the right order.

1. If he had purchased a programme he would find only one girl in the minors' race with Biggleswade after her name and as I did not know the clubs the girls belonged to that are missing, I felt I could not insert them. Also as this was not a county team race, the county name was not required to be inserted.

2. Also with regard to the results, if Mr. Adams by chance purchased a copy of the official Minors' result, he would find that no club name has been inserted alongside the numbers he quotes 2nd, 3rd, 16th, 17th. If any name has been printed in "AW" then I feel he should find the correct person and not blame the county who organised the event, because as secretary I will not accept that any club names were inserted by my association as I personally sent the result sheets of the event to "AW".

Ronald Freeman,

Hon. Secretary,

Gloucestershire WAAA

INVICTA ATHLETIC CLUB CANTERBURY 6 MILE ROAD RACE

(Under A.A.A. Laws)

For the Kentish Gazette Trophy

ON SATURDAY, 18th APRIL, at 3 p.m.

Team and Ind. Vets. H'cap. Prizes depending on entry. **Entries:** 2/6 Ind., 10/- team (6 run, 4 score) to R. J. Castle, 23 North Holmes Road, Canterbury, Kent, by April 13th.

CAMDEN ATHLETIC CLUB PROPOSED CROSS-COUNTRY RELAY

in memory of the late Mr. A. Foot

6 x 3 MILES. ENTRY FEE 5/- PER TEAM

Saturday, 4th April, under A.A.A. Laws

Parliament Hill Fields, Hampstead, at 3 p.m.

Entries close 21st March, to G. J. Acott, 30 Arandora Crescent, Chadwell Heath, Essex.

HILLINGDON A.C. (LADIES SECTION)

SHAFTESBURY RELAYS

SATURDAY, MARCH 21st, 2 p.m.

SENIORS 4 x 2 MILES

INTERMEDIATES 3 x 1½ MILES

JUNIORS 3 x 1 MILE

Prizes: Prizes & Trophies each age group.
Fastest Lap prizes each age group.

Fee: 7/6 per team

Entries to Mrs. S. D. Parker, 145 The Ridgeway, North Harrow, Middx.

CLOSING DATE: MARCH 16th, 1970

11th ROMFORD HALF-MARATHON (HAVERING ATHLETIC CLUB)

Under A.A.A. Laws

SATURDAY, APRIL 4th, at 3 p.m.

From Chase Cross School (Romford)

Prizes first 3 Ind. and first Vet. Medals first 3 Teams. First Ind.—Chas. Allen Trophy, first Team—Lockwood Trophy.

Entries: 3/6 per person to C. N. J. Burton, 24 Longfield Avenue, Hornchurch, Essex, by 23rd March.

LONGWOOD HARRIERS A.C.

11th Annual

10 MILE ROAD RACE

(Under A.A.A. Laws)

From St. Augustine's R.C. Sec. School, Bradley Bar, Huddersfield, at 3.15 p.m.

SATURDAY, 21st MARCH, 1970

● TOP CLASS COURSE ●

● TOP CLASS PRIZES ●

TOP CLASS REFRESHMENTS

Entries (AAA forms, please) Ind. 3/-, Teams 5/- (all must enter as inds.)

ALSO BOYS/YOUTHS 2½ MILE RACE, 3.25

Entry Fee: 2/- per ind. No team race.

Entries to D. Crossley, 18 Grosvenor Road, Dalton, Huddersfield, HD5 9HQ.

CLOSING DATE SATURDAY, 7th MARCH

HARLOW A.C. FIFTH ANNUAL WINTER FIELD EVENTS MEETING

Sport Centre, Sunday, 8th March, 10.30

LJ/SP/DT/JT for Sen. Men/Jun/Yth/Boys/Sen. Ladies/Inters/Jun. L. HJ for Jun. Men/Inter. L./Junn. L. TJ for men/Yths. Under AAA Laws. No fees, no prizes. **Entries to M. J. Pollard, 39 Felmongers, Harlow, by Monday, 2nd March.**

HASTINGS ATHLETIC CLUB

2nd Annual

Under A.A.A. Laws

"HASTINGS 5" ● P. BOXLEY TROPHY

ON SATURDAY, 4th APRIL, 3 p.m. start

Senior 5 Miles. Fee 3/- ind., 7/6 team.

Youths/Boys 3 Miles. No prizes, no fee.

Entries on AAA forms by 23rd March, to B. Griffin, 22 Githa Road, Hastings, Sussex.

CITY OF PLYMOUTH ATHLETIC CLUB MAYFLOWER MARATHON 1970

SATURDAY, APRIL 4th, 1970, at 2 p.m.

(Under A.A.A. Laws)

Prizes for first six individuals and first three teams (4 to three—3 to score). It is hoped to have a prize for every finisher.

Fast one-lap course. Free 2-3 nights accommodation can be arranged. Dance after race.

Entries to and details from R. Essery, 59 Weston Mill Road, St. Budeaux. Fees: Ind. 5/-, teams 5/-. Closing date 14th March, 1970.

CAMDEN A.C. PRESENT

The 24th Annual

Under AAA Laws

"WIGMORE 15"

Team & Individual Open Road Race

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

From Parliament Hill Track, Hampstead

Awards first 4 places, first 3 teams (of 3), 1st Vet., 1st Unp. Newcomer. Medals for completing course in 1hr. 26mins. Time Certs. for finishing course.

Entries by 9th March, to Mr. R. G. Clarke, 123 Beech Avenue, The Vale, Acton, London, W.3. Fees: 3/- ind., plus 5/- team (all must enter as individuals).

ILFORD ATHLETIC CLUB "ROUND THE HOUSES" ROAD RELAYS

SATURDAY, MARCH 14th, at 2 p.m.

At John Preston School, Marks Gate Estate,

Chadwell Heath, Romford, Essex

COLTS (Under 12) 3x1.4 MILES

COLTS (Under 14) 3x1.4 MILES

BOYS (Under 16) 3x2.8 MILES

YOUTHS (Under 18) 3x2.8 MILES

(All ages as at 1st September, 1969)

Plaques first 3 teams, plus fastest lap. Medals first "B" team in each age group not winning any other award.

Entries with 5/- fee per team to E. W. Barrett, 206 Padnall Road, Chadwell Heath, Romford, Essex. (Tel: 01-599-1133).

MEADOWBANK CHARGES

Dear Sir,

I see from last week's "AW" that charges for Meadowbank Stadium will include £3 per hour for clubs hiring the track for training. Assuming the absolute minimum of two nights per week throughout the year, with only two hours per session, this means over £600 per annum! Is there any athletic club in Britain affluent enough to be able to afford such a luxury? I doubt it.

David Williams,
Birmingham

HARRY WHITTLE—A READING MAN

Dear Sir,

Referring to Brian Mitchell's interesting article on Longwood Harriers, I feel I must call attention to the reference to Harry Whittle, captain of Britain's Olympic team in the post-war period. It is misleading to refer to Harry as a "Longwood man". Throughout his athletic career he was a first claim member of Reading AC, and remains so today. Incidentally, he reached the semi-final of the 400m hurdles at the 1948 Olympics, and was 7th in the long jump.

C. G. Green,
Chairman, Berks. AAA

WHY THIS CLASH?

Dear Sir,

I would like to bring to notice the fact that the change in the date of the BUSF Championships to the same date as the WAAA Championships has given rise to much concern among student athletes. This now means that a decision will have to be made between competing in the BUSF Championships in the hope of being selected for the team going to Turin, or attending the WAAA Championships. In view of so many having to make this decision we feel that the standard of the BUSF Championships will not be as high as it could be.

Surely there could have been better organisation than this when the date was fixed and more consideration given to those who will have to decide between these two major meetings?

Mary Schwiier,
Athletics Secretary,
Chelsea College of PE

WAAA AGM continued from page 10

championships were getting more popular among the counties, particularly in the south. There was also the problem of the Easter holiday period for schools, and entries tended to be low if the closing date fell during this time. Mrs. Searle countered that the date imposed "no difficulty", and Mr. Oakley said a fixed Saturday in the month would give schools and other bodies a date they could rely on every year for the area championships.

The second part of the Southern WAAA proposal was that Constitution Law 56 be amended as follows: "Any proposal to alter a Competition Rule must be made to the Hon. Secretary of the WAAA and considered by the General Committee at its next meeting. If approved, it shall be opera-

tive forthwith. Alterations to Competition Rules may be considered at the AGM and if passed shall also be operative forthwith. A simple majority shall be sufficient in either case." This was carried unanimously; and it was decided that the WAAA would inform the clubs of Rules changes within 14 days and all changes would be published within that period, and thereby made known to everyone interested and affected.

The final two proposals concerned the Senior 3000m being changed to 4000m and Junior and Intermediate competition at the 1500m distance. Both these were put forward by Gloucestershire WAAA, and were voiced by Mr. Freeman, the County Secretary. The 4000m distance was chosen "because it means running ten even laps and not seven and a half". This was swiftly shot down. Miss Hartman said that this was very much the same sort of proposition as she faced last year over the proposed 1600m distance. "I have just introduced this 3000m event for women to the IAAF," she said, "and I could hardly go back to the Stockholm Congress this autumn and ask if they would accept 4000m as this was now our domestic distance. I would have firstly to get the support of the BAAB as well. It's just not feasible." The proposal was heavily defeated. It was decided, however, that a new Intermediate 1500m championship would be held and Junior Girls would race experimentally over 1500m for one year.

This was in the face of some heavy criticism. Mrs. Searle stated: "I have seen some terrible things this past winter in Junior girls' cross-country races. The first ten or so may finish okay, but the back markers have been in stages of extreme exhaustion. Clubs are just not training their girls sufficiently any more. I think we are asking too much of these girls to ask them to run 1500m on the track. Can you imagine what this sort of thing would look like to the public?" But Bridget Cushen (Hercules-Wimbledon), the Surrey Cross-Country Champion, pointed out that "all these objections raised against this 1500m distance are the same as those that were raised against 800m for Junior girls three years ago. Nowadays the most popular event at any Junior girls meeting is the 800m..." The motion eventually squeezed through by 23 votes to 21. The Intermediate Girls 1500m Championship decision was carried without dissent.

Officers elected: President, Lady Luke; Vice-Presidents (North) Mesdames H. Chadwick, M. Harris, E. Lightfoot, Miss D. Wood, Messrs. H. Goodwin, P. Pope; (Midlands) Mesdames B. Carr, F. Thomas, Miss E. Bowie, Miss H. Wright; (South) Mesdames M. Cotton, D. Jackson, J. Jones, E. Peacock, I. Richings, Miss M. Curson, Messrs. C. Leslie, G. Stratford; (Wales) Miss R. Evans; Chairman, Mr. R. Taylor; Vice-Chairman, Mrs. V. Searle; Secretary, Miss M. Hartman; Treasurer, Miss E. Holland; Asst. Sec., Mrs. C. Leslie; Coaching Sec., Mr. K. Oakley; Officials Committee Sec., Mrs. J. Thomas; Standards Committee Sec., Mr. G. Clarke; Rules Committee Sec., Miss G. Hill.

Overseas News and Results

AUSTRALIA: Caird Breaks Commonwealth Hurdles Record

MAUREEN CAIRD, who has recently learned to come straight up from the blocks—the secret of her improved times in the sprints as well, skimmed over 100m hurdles in 13.2 in Sydney on February 7th. The time was a tenth inside Pam Kilborn's Commonwealth record and ranks the Olympic gold medallist equal second on the world all-time list behind Karin Balzer (12.9) and equal with Barbel Podeswa. The wind was only 1m/sec. The next two finishers, Penny McCallum and Diane Pease, were given the same time but Maureen's winning margin was such that I have adjusted the times to 13.4.

Sandra Brown, who almost retired at the end of last season after finishing last in the Australian 400m championship, improved her personal best to 53.1 in Sydney on February 14th. The previous week she clocked 23.7 for 200m behind Jenny Lamy (23.4). Former UK record holder Frances Slaap opened her season with a jump of 1.66/5'5½" in Brisbane on February 7th. On the same day, in Perth, a 4.3m/sec wind blew Phil May out to an 8.13/26'8½" long jump off a new rubber bitumen run-up. In the last race on the Olympic Park cinders in Melbourne on February 8th (an all-weather track is almost complete), Peter Nor-

man sped 220y in 20.8 (20.6 at 200m) with the wind just over the limit at 2.1m/sec.

7.2. Sydney. 1500m: Graham Rootham 3:45.0; TJ: Les Walkley 14.95/49'0½"; JT: Sigismund Kosciak 79.27/260'1"; women's 200m: Lamy 23.4, Brown 23.7; juniors—Margaret Sargent (15) 23.9, Alison Ross-Edwards 23.9, Monica Pegg 24.0; 100mH: Caird 13.2 (13.4 ht), McCallum 13.4e, Pease 13.4e; SP: Janina Kennedy 13.10/43'0"; JT: Diane White 50.34/165'2". **7.2. Perth.** LJ: May 8.13/26'8½"w. **7.2. Brisbane.** Women's HJ: Slaap 1.66/5'5½". **7.2. Adelaide.** 800m: Chris Woods 1:49.9; LJ: Peter Reece 7.38/24'2½". **8.2. Melbourne.** 75y: Greg Lewis 7.4; 200m/220y: Norman 20.6/20.8w; women's 100m (no wind gauge) Raelene Boyle 11.4; 200m: Boyle 23.5w; 1500m: Raie Thompson 4:33.7, Jenny Orr 4:34.1.

14.2. Adelaide. 3000mSC: Jeff Pentelow 9:02.0; TJ: Graham Boase 15.28/50'1½"; SP: Merv Kemp 16.51/54'2½"; JT: Nick Birks 72.21/236'11". **14.2. Brisbane.** 200m: Ross Wilson 21.1; women's 100m: Marion Hoffman 11.6. **14.2. Sydney.** 100m: (windy) Richard Gurr 10.4, Graham Quilty 10.4, Greg Jagers 10.5; 1500m: Tony Manning 3:43.3, Rootham 3:47.2; 200mH: Peter Morton 23.5, Geoff Smith 23.6; HT: Tom Mullins 55.17/181'0"; women's 400m: Brown 53.1, Cheryl Peasley 54.7, Paula Dryden 55.2; Jnr 400m: Ross-Edwards 55.5; LJ: Kathy Csardas 6.08/19'11½", Jeannette Tandy

TAKE FOUR GIRLS

Britain's record-breaking 4 x 400 metres girls, Lillian Board, Pat Lowe, Rosemary Stirling and Janet Simpson this season face a renewed challenge from their French rivals. **NEIL ALLEN** spotlights the tensions of the long relay and the problems confronting the stars. Also athletics records predictions for 1980.

WORLD SPORTS

MARCH ISSUE

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6.05/19'10 $\frac{1}{2}$ ", Pease 6.03/19'9 $\frac{1}{2}$ ", Lamy 6.00/19'8 $\frac{1}{2}$ "; DT: Sue Culley 47.30/155'2"; JT: Kennedy 48.06/157'8". **14.2. Melbourne.** 220y: Gary Eddy 21.6; 120yH: Mal Baird 14.3; 440yH: Gary Bourne 53.3, Geoff McNamara 53.3; PV: Ray Boyd 4.57/15'0"; HT: Dick Leffler 59.84/196'4"; JT: Kosci 76.58/251'3". **14.2. Perth.** 1500m: Keith Wheeler 3:46.9; LJ: May 7.67/25'2"; women's 400m: Kath Holland 54.9, Joyce Bennett 56.4. **15.2. Perth.** TJ: May 15.71/51'6 $\frac{1}{2}$ "; women's 200m: Bennett 23.9, Holland 23.9; 200mH: Holland 27.9... Deborah Gelle (13) 30.4.

Bernie Cecins

EAST GERMANY: Records Tumble In Championships

Records established at the East German indoor championships included a world's best of 7.5 for 60y hurdles by Karin Balzer, and European bests in the shot (19.92/65'4 $\frac{1}{2}$ " by Hartmut Briesenick), women's 60y (6.6 by Renate Meissner) and women's 1500m (4:22.3 by Gunhild Hoffmeister).

14/15.2. Berlin. 60y: Burde 6.2, Beckmann 6.2, P. Haase 6.3; 400m: Muller 48.4, Ebert 49.0; 800m: Seyffart 1:50.9, Dominik 1:51.4; 1500m: D. Hermann 3:45.6, Exner 3:46.7, Justus (18) 3:46.5; 3000m: Dietmar Nagel 7:56.2, Krebs 8:00.8, J. Haase 8:04.6; 60yH: Siebeck 7.0, Bethge 7.0, Krohn 7.2; HJ: Duhrkop 2.14/7'0 $\frac{1}{2}$ ", Grutzner 2.11/6'11" . . . 6, Kirst 2.05/6'8 $\frac{1}{2}$ "; PV: Nordwig 5.10/16'8 $\frac{1}{2}$ "; LJ: Beer 8.04/26'4 $\frac{1}{2}$ ", Schenke 7.75/25'5 $\frac{1}{2}$ ", Bombach 7.63/25'0 $\frac{1}{2}$ "; TJ: Drehmel 16.21/53'2 $\frac{1}{2}$ ", Dahne 16.02/52'6 $\frac{1}{2}$ ", Schenk 15.90/52'2"; SP: Briesenick 19.92/65'4 $\frac{1}{2}$ ", Rothenburg 19.77/64'10 $\frac{1}{2}$ ", Grabe 18.99/62'3 $\frac{1}{2}$ "; women's 60y: Meissner 6.6, Balzer 6.8, Vogt 6.9; 400m: Dietsch 55.9, Fischer 56.4; 800m: Pohland 2:09.2, Rossler 2:10.5; 1500m: Hoffmeister 4:22.3, Clausnitzer 4:29.3; 60yH: Balzer 7.5, Jahns 7.8, Muller 7.9; HJ: Schmidt 1.83/6'0", Schulze 1.77/5'9 $\frac{1}{2}$ ", Witschas 1.77; LJ: Wiczorek 6.32/20'8 $\frac{1}{2}$ ", Bartsch 6.26/20'6 $\frac{1}{2}$ "; SP: Friedel 17.68/58'0", Boy 17.40/57'1", Lange 17.10/56'1 $\frac{1}{2}$ ", Adam (18) 16.46/54'0".

NEW ZEALAND: Anne Smith Returns To Competition

Anne Smith (28), returning to competition after an absence of some 18 months, won a 1500m race in 4:31.8 in Auckland on February 7th. It was the first step in her bid to win the Commonwealth 1500m title . . . for New Zealand.

17.1. Christchurch. Women's DT: Sally Ann Flynn 49.43/162'2", Diane Charteris 47.50/155'10". **24.1. Whangarei.** 110mH: Ross Pownall 14.4w; women's LJ: Pam Weigel 6.04/19'10". **25/26.1. Auckland.** Dec: Roy Williams (35) 7048 (7.36/24'1 $\frac{1}{2}$ " LJ, 45.87/150'6" DT), Roger Main 6856; women's Pen: Lorraine Norris (former 1.71/5'7 $\frac{1}{2}$ " high jumper Lorraine Curtis, now married to Dave Norris) 4125. **26.1. Auckland.** 200m: C. Daly 21.3; LJ: Dave Norris 7.57/24'10"w; DT: Robin Tait 58.90/193'3". **29.1. Auckland.** 800m: Polhill 1:51.2; Mile: Peter Reeves 4:04.0. **30/31.1. Auck-**



Petra Vogt (left) and Renate Meissner at Athens. Meissner won the East German 60y title in 6.6.

Tony Duffy

land. 100m: Colin Crocker 10.6; 200m/400m: Kellow 21.6/47.8; 1500m: Dick Quax 3:48.1, Reeves 3:48.5; 5000m: Mike Ryan 14:19.4, Dave Sirl 14:23.2, Evan Maguire 14:35.2; 110mH: Pownall 14.5 (rec); LJ: Norris 7.47/24'6"; HT: Murray Cheater 56.34/184'10"; Mar: Bill Baillie 2:25:52, Ivan Keats 2:27:46; women's LJ: Weigel 6.02/19'9". **31.1. Christchurch.** 200m: Bevan Smith 21.4; women's 200m: Penny Hunt (née Haworth) 24.7. **5.2. Auckland.** 10.000m: Jeff Julian 29:46.6, Maguire 30:21.4. **7.2. Auckland.** 1500m: Sirl 3:47.3; women's 1500m: Anne Smith 4:31.8.

USSR

Top indoor results during February include—50m: Kornelyuk (19) 5.6; 60m: Sinyayev 6.5; 5000m: Alanov 13:56.6; 50mH: Stepanenko 6.6; HJ: Mospanov 2.15/7'0 $\frac{1}{2}$ ", Gavrilov 2.14/7'0 $\frac{1}{2}$ " . . . Brumel 1.95/6'4 $\frac{1}{2}$ " (2.13/6'11 $\frac{1}{2}$ " in training!); PV: Khanafin 5.25/17'2 $\frac{1}{2}$ " (European best), Bliznyetsov 5.10/16'8 $\frac{1}{2}$ ", Malyutin 5.00/16'5"; LJ: Ter-Ovanesyan 7.55/24'9 $\frac{1}{2}$ "; TJ: Byessonov 16.03/52'7 $\frac{1}{2}$ "; women's 60m: Samotiyosova 7.2; 1500m: Bragina 4:24.7 (Eur best); HJ: Lazareva 1.77/5'9 $\frac{1}{2}$ ".

MacSherry Wins Title By Inches

Scottish News from James Logan and David Keddle

THERE was an amazing repeat of last year's tremendous battle for the Scottish women's cross-country title, at Lesmahagow on February 14th. On this occasion the runners were Margaret MacSherry and young Christine Haskett (16), who quickly moved away from the field—MacSherry leading with Haskett about 10y behind. With a mile left, Christine made her challenge, but MacSherry resisted and they passed and repassed until at 200y MacSherry made what appeared to be the decisive move. Christine guttily came again and the two girls fought all the way to the line, both clocking 26.00 but with MacSherry a whisker in front. Margaret well remembered the pangs of such a close defeat from her experience of last year. Bathgate's Rose Murphy strode away with the Intermediate race, crossing the line 73 sec. in front of the next girl.

1. M. MacSherry (Cambridge H.) 26.00
2. C. Haskett (Dundee Hawkhill) 26.00
3. S. Fitzmaurice (Aldershot) 27.02
4. S. Kirk (Bury) 27.23; 5. A. Barrass (AFD) 27.57;
6. M. Speedman (M'hill) 28.26; 7. K. Mackie (B'gate) 28.44; 8. D. Greig (Tannahill) 29.08; 9. L. Watson (M'hill) 29.20; 10. P. Lindsay (Dundee

H) 29.36; 11. G. Craig (Western) 29.54; 12. N. Cherry (F'house) 29.59; 13. J. Gibb (Ilford) 30.04; 14. N. Munro (ESH) 30.11; 15. E. Stewart (Western) 30.16; 16. M. Brown (L'hall) 30.49; 17. B. Grinney (Thurrock) 30.57; 18. A. Orpiszewska (M'hill) 30.59; 19. S. Sutherland (ESH) 31.12; 20. J. Will (Dundee) 31.23. **Teams:** 1, Dundee Hawkhill 32; 2, Maryhill 33; 3, Western 49.

Intermediates

1. R. Murphy (Bathgate) 16.55; 2. A. Edmont (Law) 18.08; 3. E. McCulloch (Bell) 18.13; 4. D. Mercer (Ball) 18.30; 5. A. Stafford (B'gate) 18.44; 6. J. MacIntyre (F'house) 19.14. **Teams:** 1, Bathgate 14; 2, Bellahouston 16.

Juniors

1. E. Radka (Bathgate) 9.31; 2. J. Close (Fauldhouse) 9.40; 3. M. Murphy (Bathgate) 9.52; 4. M. Dewar (F'hse) 9.56; 5. P. Spence (F'hse) 9.59; 6. M. O'Boyle (Clydes) 10.00. **Teams:** 1, F'house Victoria 11; 2, Bathgate 11.

Minor Girls

1. A. Cherry (F'house) 7.46; 2. A. Boyle (B'gate) 7.59; 3. G. Brown (Lesmahagow) 8.02. **Team:** Bathgate.

Jim Alder Always In Command

JIM ALDER regained the title he last held in 1962, beating holder Dick Wedlock by about 60y. Alder was in command throughout on a devious course that was very heavy in parts, and Morrison, Blamire, Mullett and Wedlock appeared more intent on safeguarding their positions, and a place in the international team, than in any adventurous moves. Wedlock, however, who was making his last appearance in Shettleston's colours unleashed a tremendous assault in the closing stages and closed; but Alder was too far in the lead by that time to get caught. Lachie Stewart, reportedly afflicted with a stomach ailment after his Spanish trips, was a non-starter, and Ian McCafferty, a 'flu victim, had already indicated that he would be at Cosford, if fit. Jim Ferguson built up an early lead in the first half of the Junior race, but the diminutive Colin Falconer, striding out powerfully, inexorably cut his man down and won impressively.

1. J. Alder (Edinburgh AC) 38.31
2. R. Wedlock (Shettleston) 38.40
3. W. Mullett (Shettleston) 38.43
4. A. Blamire (Edin. Un) 38.46; 5. N. Morrison (Shett) 39.11; 6. A. Weatherhead (Octav) 39.19; 7. J. Wight (Edin. AC) 39.19; 8. W. Stoddart (G'nock W'park) 39.23; 9. M. Bradley (S'burn) 39.39; 10. D. Logue (Edin. Un) 39.41; 11. A. McKean (Edin. Un) 39.49; 12. D. Macgregor

Scottish C.C. Champs., at Ayr, February 21st

(Edin. SH) 39.53; 13. G. Bryan-Jones (Edin. SH) 40.07; 14. F. Murray (Edin. SH) 40.14; 15. I. McMillan (Edin. AC) 40.16; 16. J. Douglas (Edin. SH) 40.24; 17. P. MacLagan (Vic. Pk) 40.29; 18. A. Johnstone (Vic. Pk) 40.34; 19. R. Brewitt (S. Holland) 40.37; 20. E. Knox (S'burn) 40.52; 21. H. Summerhill (Shett) 40.55; 22. J. Myatt (Strath Un) 41.05; 23. H. Gorman (S'burn) 41.08; 24. B. Goodwin (Bell) 41.12; 25. A. H. Brown (Law) 41.13; 26. T. Coyle (Edin. SH) 41.14; 27. A. Faulds (Clydes) 41.19; 28. D. Austin (Vic. Pk) 41.44; 29. W. Day (F'kirk) 41.46; 30. A. P. Brown (Law) 41.47.

31. J. Leggett (Clydes) 41.48; 32. J. McHardy (Glas. Un) 41.52; 33. R. Blair (Strath) 41.53; 34. R. Anderson (Cambuslang) 41.57; 35. D. Ritchie (A'deen) 42.03; 36. A. S. Wight (Edin. AC) 42.07; 37. J. Fairgrieve (Edin. AC) 42.17; 38. G. Meredith (Vic. Pk) 42.23; 39. A. Reid (Glas. Un) 42.27; 40. C. Martin (Dumb) 42.31; 41. G. Brown (Edin. SH) 43.32; 42. D. Gemmell (Clydes) 42.33; 43. W. Drysdale (Monkland) 42.42; 44. I. Graves (Dundee Hawk) 42.44; 45. S. Irvine (Glas. Pol) 42.45; 46. P. Kearns (Dundee Hawk) 42.51; 47. J. Reilly (Vic. Pk) 42.54; 48. H. Elder (Dumb) 42.56; 49. P. Duffy (M'well YMCA) 42.58; 50. J. Bryant (Edin. SH) 43.03; 51. J. Stevenson (G'nock W'park) 43.06; 52. J. Raeburn (Edin. SH) 43.12; 53.

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I. McKenzie (Edin. SH) 43.13; 54, D. Martin (Gars) 43.16; 55, R. Stevenson (M'hill) 43.20; 56, E. Fisher (Edin. AC) 43.22; 57, I. Mitchell (Strath. Un) 43.25; 58, J. Johnstone (Law) 43.30; 59, I. Donald (Clydes) 43.30; 60, R. Shields (Clydes) 43.35.

Teams: 1, Edinburgh Southern H. 122; 2, Edinburgh AC 152; 3, Shettleston 193; 4, Victoria Park AAC 272.

Juniors

1, C. Falconer (Springburn) 26.12; 2, J. Ferguson (Ayr Seaforth) 26.41; 3, F. Irvine (Camb. Un) 26.47; 4, W. Burns (L'hall YMCA) 26.49; 5, D. Gillanders (Shett) 26.51; 6, D. Gunstone (Dundee Hawk) 27.17. **Teams:** 1, Larkhall 38; 2, Shettleston 68; 3, East Kilbride 153.

Youths

1, R. McDonald (Monkland) 15.51; 2, J. Brown (Bellshill) 15.55; 3, L. Spence (G'nock Glenpark) 15.55; 4, F. Clement (Bellahouston) 16.13; 5, D. McMeekin (Vic. Pk.) 16.16; 6, P. Bannan (Shett) 16.17. **Teams:** 1, Monkland 53; 2, Shettleston 76; 3, Victoria Park AAC 87.

Senior Boys

1, J. Mulrey (Shettleston) 10.23; 2, L. Reilly (Vic. Pk) 10.29; 3, J. Thompson (Law) 10.37; 4, A. McGill (Lewisvale) 10.49; 5, C. Bell (Forfar) 10.54; 6, A. Marshall (Clydes) 10.56. **Teams:** 1, Springburn 46; 2, Law 70; 3, Bathgate 85.

Junior Boys

1, M. Watt (Shettleston) 8.26; 2, T. Kerr (Kilmarnock) 8.39; 3, R. Drummond (Shett) 8.42; 4, D. Stewart (S'burn) 8.44; 5, J. Fleming (S'burn) 8.53; 6, P. Forbes (Edin. AC) 8.57. **Teams:** Shettleston 35; 2, Springburn 48; 3, Bellahouston 64.

FINE SPRINTING

Sprinting of an astonishingly high standard was a feature of the Shettleston H. Open Meeting at Grangemouth on February 14th. Don Halliday, Ian Turnbull and Ricky Taylor showed that indoor competition gives a new dimension to the track athlete. A frozen-up long pit gave Anglo-Scot Stewart Atkins an opportunity to show the sort of basic speed that warms a coach's heart. He hurtled to an amazing 10.8 win in the Junior 100m, and returned to take the 200m in 23.1.

(Seniors) 100m: 1, D. Halliday (RAF) 10.7; 2, I. Turnbull (Bellahouston) 10.8; 3, R. Taylor (Ayr Sea) 10.9. **(B)** 1, H. Crie (Bell) 11.1; 2, G. Muir (VP) 11.1. **(C)** 1, B. Johnstone (Dundee Hawk) 11.3; 2, I. Ruscoe (A'deen Un) 11.3; 3, D. Birkmyre (VPH) 11.4. **200m:** 1, Turnbull 21.9; 2, Halliday 21.9; 3, Taylor 22.2. **(B)** Birkmyre 23.5. **400:** 1, I. Walker (W. of Scot) 50.1; 2, K. McEwen (Perth St) 51.9. **800:** 1, R. Laurie (VP) 1:57.0; 2, McEwen 1:57.2; 3, D. McBain (Larkhall) 1:57.5. **1500:** A. McLellan (S'burn) 4:16.3. **5000:** 1, M. Bradley (S'burn) 14:17.8; 2, W. Day (F'kirk) 15:12.6. **HJ:** 1, R. Walker (Shett) 1.73/5'8"; 2, D. Morrison (Shett) 1.70/5'7". **SP:** 1, A. Sutherland (ESH) 13.83/45'4"; 2, R. Bruynooghe (Edin. Un) 12.63/41'5". **DT:** 1, Bruynooghe 43.30/142'1"; 2, A. Black (ESH) 42.52/139'6"; 3, D. Edmunds

continued on page 35

National C.C. Championships Previewed

Senior Men

AMONG the thousand or so runners who will be contesting the 83rd English Senior Cross-Country Championship at Stanley Park, Blackpool, today will be five men who have previously tasted success in this great event: Gerry North (winner in 1962), Mel Batty (1964 & 1965), Ron Hill (1966 & 1968), Dick Taylor (1967) and Mike Tagg (1969). These last two must figure prominently on any list of possible 1970 champions. Taylor, at his best when the going is dry and fast, won the inter-counties title most convincingly but since then Tagg (5th at Derby) has scored brilliant victories on the Continent and will be particularly dangerous if the course is muddy.

Two other runners with extremely impressive credentials are Trevor Wright, second in the inter-counties and the Northern title winner, and Dave Bedford, who is capable of making more history by winning the title while still a junior. Others who will be quick to pounce if any of the "big four" falter, and will certainly be in the running for a place in the English team for Vichy, include Mike Baxter, Alan Blinston, Mike Turner, Ron Hill, Mike Freary, Ricky Wilde, Ron Grove, Andy Holden and Roger Clark, while Jim Alder leads a strong Scottish challenge that could include Ian McCafferty. It will be quite a race!

The team race appears wide open. Tipton, the holders, won the Midland title but do not seem quite the strength they were last year. Coventry Godiva (Dick Taylor, Bill Adcocks, Colin Kirkham, Phil Lancaster, Ken Bartlett, Alan Grant, Juan Taylor and John Hammond), Derby and County (led by Mike Tagg, Alan Domleo and John Eley), City of Stoke (Roy Fowler, Alan Dean, John Jackson, the Birks brothers), Bolton United (Ron Hill, Mike Freary, Eric Haslam) and Hercules-Wimbledon (the Holt twins, Mike Beevor) are all potential winners.

Mel Watman

Juniors and Youths

HE who sticks his neck out and makes predictions where cross-country running is concerned, particularly with regard to the "National", is likely to be swiftly shot down in flames by events. Everybody, however, surely agrees that if Dave Bedford toes the line in the Junior race, he will be a worthy and outstanding winner. But Dave has little to gain by running in this age group, and will almost certainly plump for the Senior event and international honours. "I won't do this in the National", he said at the Southern after wrapping up his second title of the afternoon. "That's a promise!" He leaves the way

wide open for a number of talented Juniors to gain their first National title, and I would hesitate to predict a winner from among Keith Rollason, James Milton, Jack Lane, Peter Standing, Pat Gilsenan, John Bradshaw, Justin Dennison, Chris Garforth, Richard Hollings, John King, John O'Meara, David Slater, Chris Barber, Graham & Grenville Tuck, etc., etc. Fast getting back to his best form, Chris Garforth could well spring another surprise as when he stunned the Youth field last year, but Northern Champion Milton and Midlands winner Rollason will not give in easily. Hollings' track speed will help him on the reportedly firm going of the course, but if Jack Lane can get away early he will take some catching. Airedale & Spen Valley look like fielding the possible winning team, but remember that Birmingham University had their four in 15 to win the Midland Junior title!

The Youth race seems just as much of a lottery, if not more so, and my "short" list contains 16 names! Julian Goater has proved himself the virtual king of the South in this age-group, but it will be highly interesting to see how he fares against the rich talent to be found in the Midlands and North. David Black, the impressive winner of the Midland, is currently going great guns, but clubmate Jim Kendrick, still getting over the effects of 'flu in that race, should be at his best for the "big one" and consequently worth watching. Nigel Rose and Terry Colton are not to be discounted, and up North we have Northern champion, Mike McLeod, Alwyn Dewhurst, Charles Spedding, David Lowes, Steve Kenyon and Barry Lyonette to contest the honours. John Davies is a gritty fighter who never gives up, and the speed and fluency of Bernard Ford makes him a dangerous competitor. Ian Whittle, the Eastern champion, is something of a dark horse and Barry Smith, Ray Smedley and Tony Dunnett are athletes I would also place in that category. Small Heath are favourites for the team race.

Dave Cocksedge

Women

TODAY'S National Senior Women's cross-country championship at Blackburn will have a more competitive air about than ever before, with a trip to the International in Frederick, Maryland, in prospect for those who qualify for the English team. Defending champion Rita Ridley must be favourite to retain her title on the season's record, despite her narrow defeat by Joyce Smith in the Southern championship, while apart from Joyce her main opposition should come from Thelwyn Bateman and Angela Lovell, with Barbara Banks, Margaret MacSherry, Sue Barnes and Liz Parncutt all capable of shaking things up.

The Intermediate race could also result in the defending champion retaining her title, as Mary

Sonner has an immaculate record this year, including victories over Midland champion Angela Holt and Northern champion Christine Helsby. Christine, however, may be able to reap some advantage by being on home territory, while others likely to be in at the kill are Pauline Chun (3rd last year), and reigning National Junior champion Barbara Watts.

The most intriguing race should be the Junior championship, however. With Mary Stewart unbeaten in the Midlands, Lesley Cobden unbeaten in the South this season, and their only meeting (at Westbury, in the National Inter-Counties a month ago) resulting in the narrowest of victories for Lesley, the stage is set for another ding-dong scrap. Newly-crowned Northern champion and revelation Rosemary Goldsmith of Derby is her-

self something of an unknown quantity in relation to Lesley and Mary, and could surprise both of them.

Following an item in a national newspaper about the financial difficulties of sending teams to Frederick, Vera Duerdin (secretary of the WCC and RWA) received a cheque for £500 from a donor who wishes to remain anonymous. Only Vera herself has seen the signature on the cheque; other officials haven't a clue as to his/her identity. The money will considerably, though not entirely, ease the money problem. England is sending a party of seven (six athletes, one official), with the American organisers contributing the expenses of one individual. The six athletes will be the first six home in today's Senior championship.

Cliff Temple

IMPERIAL COLLEGE HYDE PARK ROAD RELAY

At Hyde Park, February 14th

1, Leeds University (J. Fox 14.57, F. Titley 14.13, T. Gregory 14.16, P. Rawnsley 13.41, G. Smith 14.23, F. Briscoe 13.42) 85.12.

2, Borough Road College (D. Michael 14.35, T. Slack 14.32, I. Forster 14.11, R. Fisher 14.30, M. Absolom 13.46, R. Grice 14.35) 86.09.

3, Alsager College (F. McGuire 14.20, J. King 13.53, A. Gordon 15.21, C. Burt 14.36, K. Hazel-tine 14.36, M. Vernon 13.53) 86.39.

4, Edinburgh University (J. Dingwall 13.58, R. Hendry 15.36, B. Jamieson 15.44, A. Blamire 13.42, D. Logue 14.00, A. McKean 14.02) 87.02.

5, Manchester University (A. Carter 14.19, D. Reed 15.11, C. Taylor 14.15, J. Pearson 14.37, M. Heath 14.55, P. Shaw 14.10) 87.27.

6, Katholieke Univ. Leuven (Vanepsen 14.44, Deconinck 15.07, Janssens 14.45, Geybels 14.56, Vanmanshoven 14.23, Goris 13.40) 87.35.

7, Southampton 87.43; 8, Queens Coll., Cambridge 87.44; 9, Imperial Coll., London 87.54; 10, Strathclyde Univ. 88.05; 11, Loughborough Univ. 88.10; 12, Liverpool Univ. 88.47; 13, Univ. Coll. Munchen 89.04; 14, St. Mary's Coll., Twick. 89.09; 15, Loughborough Colls. 89.20; 16, Clare College, Camb. 89.34; 17, Newcastle Univ. 90.35; 18, Univ. Coll., Durham 90.50; 19, Bristol Univ. 90.55; 20, Reading Univ. 91.02; 21, Cardiff Univ. 91.22; 22, Swansea 91.25; 23, Leeds Carnegie 91.29; 24, Aachen Univ. 92.16; 25, Ghent Univ. 92.24; 26, Leicester Univ. 92.26; 27, New College, Oxford 92.38; 28, Sheffield Univ. 92.58; 29, Sussex Univ. 93.04; 30, St. Paul's, Cheltenham 93.30. 77 teams finished. Birmingham Univ. finished fifth in 87.07, but were disqualified for running two runners three times: (J. O'Meara 14.13, P. Griffiths 14.08, O'Meara 14.46, Griffiths 14.28, O'Meara 14.51, Griffiths 14.41).

Fastest Laps: 13.28 M. Turner (Queens, Camb), 13.36 W. Mullett (Sussex), 13.40 Goris, 13.41 Rawnsley, 13.42 Briscoe, 13.42 Blamire, 13.46 Absolom, 13.51 N. Morrison (Imperial), 13.53 Vernon, 13.53 A. Evison (New Coll., Oxford), 13.53 King, 13.54 B. Forster (Leeds Carnegie), 13.58 Dingwall, 14.00 Logue.

ROYAL SIGNALS TROPHY RELAY At Gateshead, February 14th

AFTER the second leg it became evident that the race was between Morpeth and Gateshead, when John Caine cut back a 15 sec. gap on Jim Alder to one of 4 sec. by tearing round his stint in the day's fastest of 10.48. On the final stage John Trainor conceded 31 sec. to Foster Innes and set out after his man with a tough task on his hands. Catching Innes with 400y remaining, he gave the impression that it was all over, but the Morpeth man produced a late burst in the closing strides to win for his team by 4 sec.

1, Morpeth (R. Bell 11.31, E. Hudspeth 11.29, J. Alder 10.59, A. Matheson 11.29, D. Gray 11.38, F. Innes 11.38) 68.44.

2, Gateshead (J. Stirling 11.32, A. Leitch 11.43, J. Caine 10.48, K. Graham 11.50, P. Parker 11.44, J. Trainor 11.11) 68.48.

3, Heaton (C. McEntee 11.44, M. Benn 11.09, N. Rackham 11.20, R. Checkley 11.56, R. Balding 11.48, M. Dickson 11.49) 69.46.

4, Middlesbrough 71.49; 5, Gosforth 72.06; 6, Sunderland 72.10; 7, Saltwell 72.42; 8, Elswick 77.37; 9, Gosforth 'B' 78.44; 10, Gateshead 'B' 79.20.

Fastest: 10.48 Caine, 10.59 Alder, 11.04 W. Robinson (S'well), 11.05 J. Milton (S'well), 11.09 Benn, 11.10 M. McLeod (Els) 11.10.

Colts Race (1½)

1, J. Henderson (Elswick) 7.10; 2, J. Roberts (N.S. Poly) 7.16; 3, M. Burn (NSP) 7.16; 4, J. Henderson (Gos) 7.16; 5, B. Eastlake (NSP) 7.28; 6, A. Henderson (S'well) 7.30. **Teams:** 1, North Shields Poly. 10; 2, Elswick 22; 3, Heaton 30; 4, Gosforth 37; 5, Saltwell 48; 6, Jarrow 59.

Surrey AC officers: President, W. Batson, O.B.E.; Secretary, Miss D. Cleaveley, Flat 1, 3 Thornton Hill, S.W.19 (01-946-1969); Treasurer, A. F. Holland; Track Sec., J. Erricker, 278 West Barnes Lane, New Malden (01-942-2798); Track Capt. & C.C. Sec., E. Thompson, 6 Albemarle Gdns., New Malden (01-942-0746); Ladies Team Manager, Mrs. J. Partington, 98 Weymede, Bycet, Surrey (29-42067); Ladies Capt., Miss M. Barton; Officials Sec., J. Dale, "Woodview," Station Approach, Tadworth.

Walking Results

10M Road Walk, at Steyning, February 14th. Dave Stevens set the early pace but was passed and dropped by Alan Buchanan at 4½M. The latter had a 17sec. lead in 39.52 at halfway and pressed on for a comfortable win. Former RWA Youth Champion and Junior International, Steve Fish, was an impressive third, walking with much more power than in previous years. 1, A. Buchanan (B & H) 81.20; 2, D. Stevens (St) 82.08; 3, S. Fish (St) 82.20; 4, D. Boxall (B & H) 83.35; 5, R. Penfold (St) 84.04; 6, R. Emsley (St) 87.04; 7, R. Hutchinson (St. & Met WC) 87.21; 8, K. Emsley (St) 88.39. Teams: 1, Steyning 23; 2, Brighton & Hove 32.

Tony Taylor just misses personal best in Lancs "10". Due to being mis-directed at 3 miles and losing some 60 yards, Tony Taylor was robbed of setting a personal best by 10 sec. when retaining his county title in 73.35. Taylor led throughout while Manxman Allan Callow and veteran Joe Barraclough walked excellent races to fill the minor placings. The Cheshire race, held in conjunction, was won by favourite Don Warren, but he did not have much to spare over promising Junior Tony Malone. Lancs. WC had no less than 40 entered! **At Macclesfield, February 14th.** 1, A. Taylor (Lancs. WC) 73.35; 2, A. Callow (Boundary) 77.13; 3, J. Barraclough (Lancs WC) 77.49; 4, D. Warren (Lancs) 81.43; 5, A. Malone (Lancs) 82.24; 6, G. Abbey (Lancs) 83.20; 7, F. Davison (Lancs) 83.37; 8, R. Masden (Lancs) 84.11; 9, J. Conwell (Boundary) 86.59.

National Championships, 1970. The course for the "10" from Kirkby Stadium, Liverpool, will consist of an opening lap (1000y approx.); then two 4½M circuits gently undulating, with the finish back at the stadium. Provisional venues for the remaining championships are: 20kms—Crystal Palace; 20M—Redditch; 50kms—Ewell.

Close Warhurst/Thorpe duel in Yorkshire "10". After a very exciting shoulder to shoulder battle throughout the race, Roy Thorpe broke away near the finish only to fail to continue the effort and have John Warhurst steam by in the closing seconds to snatch the verdict. Junior Mike Holmes achieved a splendid time to capture third with the rest of the field over three quarters of a mile behind. **February 14th.** 1, J. Warhurst (Sheffield) 73.11; 2, R. Thorpe (Wake) 73.20; 3, M. Holmes (Yorks. WC) 76.17; 4, B. Mawer (Sheffield) 82.25 & J. Toehill (Yorks WC) 82.25; 6, H. Wheeler (Yorks. WC) 83.57.

Lightman gets revenge in Middlesex "10". Blazing away from the start, Shaun Lightman had 91 sec. lead on Bill Sutherland at the half distance on this undulating course made even harder by the windy conditions. Sutherland, who had passed Lightman in the final strides of the GLC "10" a week earlier, put in a good return journey to gain back 31 sec on the leader, but was still a minute down at the tape. In the battle for third, the Enfield duo, Easlea and Fogg, dropped Weston

early and their private duel was decided close to home when the 44-year-old Easlea moved quickly away. The team race could not have been closer and Highgate, without last year's winner Alec Ross, finally beat Enfield, with stricken Ken Livermore a spectator, by virtue of having the first fourth scorer. There were 25 starters. **At Enfield, February 21st.** 1, S. Lightman (Met. WC) 74.51; 2, W. Sutherland (HH) 75.51; 3, K. Easlea (Enf) 79.01; 4, C. Fogg (Enf) 79.10; 5, C. Weston (HH) 79.50; 6, G. Robinson (Enf) 80.42; 7, B. Ingarfield (Cad) 82.20; 8, E. Holmquist (HH) 82.22; 9, M. Hinton (HH) 83.28; 10, B. Ward (Cad) 87.16. **Teams:** 1, Highgate 24; 2, Enfield 24; 3, Cadogan 50; 4, Met. WC 54.

Adams and Toone fight out Leicestershire "10". Geoff Toone and Brian Adams quickly went into a lead from Peter Markham, before Toone pulled away before the half distance. Passing 5M in 38.20 (Adams 38.34, Markham 39.37), Geoff increased his lead to 100y by the 9 miles mark. Adams fought back as the finish neared, however, and was only 40y down at the end. Mike Lees walked with good judgment to pass Markham at 8½M and take third place. **At Loughborough, February 21st.** 1, G. Toone (Leics WC) 77.53; 2, B. Adams (Leics. WC) 78.06; 3, M. Lees (Leics. WC) 80.06; 4, P. Markham (Leics. WC) 80.30; 5, N. Johnson (Leics. WC) 84.06; 6, D. Trigg (Leics. WC) 85.05; 7, J. Rawlings (Leics) 85.57; 8, C. Berwick (Leics. WC) 87.59; 9, D. Wilkinson (Guest) 88.39; 10, W. Smith (Leics. WC) 89.30. **(A. Johnson)**

Surrey WC "Ethel Wallis" Trophy, at Croydon. Over the tough hilly course used in last year's National 20M, Alan Buchanan, Don Cox and Maurice Fullager were clocked together for the first 3M. The latter was then dropped and Buchanan took the initiative from Cox at 6M and on the long drag up Coombe Hill his lead was lengthened and he came home a comfortable winner. 1, A. Buchanan (B & H) 103.27; 2, D. Cox (S'end) 104.44; 3, M. Fullager (Surrey WC) 105.36; 4, K. Read (Surrey WC) 107.33; 5, R. Green (Surrey WC) 109.04; 6, H. Tims (Sy. WC) 110.15; 7, J. Birks (B & H) 110.46; 8, L. Atterbury (Sy. WC) 112.22; 9, J. Hoare (B & H) 113.10; 10, J. Travers (RAF) 113.40. **Trophy: Fullager.**

A.B.

Today's events: County 10 Miles championship day again sees the following counties stage their annual team and individual tussles: Bedfordshire & Hertfordshire; Essex, Hampshire & Wiltshire; Kent; Surrey; a triangular event with Somerset, Gloucestershire and Glamorgan at Frampton Cotterill, Bristol; Sussex; Warwickshire; Worcestershire.

Colin Young

Southern Area Battersea Park Events. With the Senior Track 10Km now due to be held on May 16th, events on March 7th will now be Boys 2M (2.30), Youths 3M (3.00) and Junior 6M (3.35). Also included in the Junior event will be an Open race for those who have not yet gained their 6 m.p.h. badge.

ENGLISH CROSS-COUNTRY UNION AN APPEAL FOR HONORARY MEMBERS

Why does the ENGLISH CROSS-COUNTRY UNION need Honorary Members? The answer is a simple one, to raise sufficient regular income to avoid any loss on the English (National) Championships and to meet the expenses in sending teams of Junior and Senior Internationals to the International Cross-Country Championships.

What does it cost to organise the Championships? £500 is needed for Medals, Printing, Competitors Numbers, Ground Hire, etc. Income will depend upon the support of the public and sales of programmes. A substantial profit is required to pay the travel and hotel expenses to the International. The Union has no paid Officers, and relies entirely upon its voluntary Officials. Will you help by sending a minimum subscription of 10/6d. to:—

**Jack Davies, Honorary Treasurer, English Cross-Country Union,
14 Neal Avenue, Heald Green, Cheadle, Cheshire.**

All subscriptions will be gratefully acknowledged.

More Overseas Results

JAPAN

7.2. Tokyo. (Indoor) HJ: Tomizawa 2.10/6'10½"; PV: Niwa 5.00/16'5", Inoue 4.80/15'9" (5.00 on Jan. 25th). **8.2. Beppu.** Mar: Kimihara 2:17:12, Yoneshige 2:18:07.2, Morita 2:18:15, Takada 2:19:35, Yoshida 2:20:15, Clark (US) 2:20:39.2, **8.2. Kyoto.** Uchino 2:16:15.8, FERGUS MURRAY 2:18:04.2, Yajima 2:18:18.

SPAIN

7.2. Madrid. (Indoor) 60m: Paraiso 6.7, Garcia 6.7, Escrivá 6.7, ALAN PASCOE 6.8; 500m: Magarinos 64.4; 3000m: (166m lap short) Salgado 7:36.0, Arese (Ita) . . . May (WG) dnf; 60mH: PASCOE 8.0, Cano 8.2; PV: MIKE BULL 4.90/16'1", Sola 4.90, Righi (Ita) 4.80/15'9"; LJ: LYNN DAVIES 7.71/25'3¼", Blanquer 7.55/24'9¼"; women's 500m: Fuentes 77.8.

ESSEX COACHING PLANS

The main project this year of the newly-formed Essex Federation of Athletic Coaches, will be the running of a residential weekend coaching course at the University of Essex Campus on April 4th/5th—to which the entire potential Essex AAA and WAAA Senior inter-counties teams would be invited. Applications would also be invited from all athletes over 18. The object of the course would be the coaching of potential coaches as well as the coaching of athletes.

NEWS OF SAM FERRIS

"Jimmy" Green and his wife recently visited Sam Ferris and report that although Sam is now very restricted in his movements he is as mentally alert as ever. Sam, who will be 70 this year, characteristically remains optimistic. "When I see all those obituaries in *Athletics Weekly*, I realise how lucky I am to be alive," he says.

Redhill & Reigate A.C. will not be holding their usual "Charity 10" Road Race this Easter Monday.

SCOTTISH RESULTS continued from page 31

(Bella) 42.44/139'3". HT: 1, L. Bryce (S'clyde) 55.68/182'8"; 2, C. Black (ESH) 53.80/176'6"; 3, W. Robertson (Edin. AC) 45.18/148'3".

(Juniors) 100m: 1, S. Atkins (Birchfield) 10.8; 2, I. Anderson (VP) 11.3; 3, J. Patterson (Edin. AC) 11.5. (B) 1, D. Wilson (Heriot Watt Un) 11.3; 2, C. Cotten (Heriot-Watt) 11.5. 200: 1, Atkins 23.1; 2, Cotton 23.8; 3, Wilson 23.9. (Youths) 100/200: D. Taylor (Ayr Sea) 11.8/24.6. 400: A. Reczek (Monk) 53.4. 800: D. McMeekin (VP) 2:00.5. (Boys) 800: J. Mulvey (Shett) 2:07.7. 1500: L. Reilly (VP) 4:17.5. (Colts) 800/1500: R. Drummond (Shett) 2:16.9/4:45.2.

FRANK DICK IS NATIONAL COACH

Twenty-eight-year-old Frank Dick was accorded an impressive introduction as Scotland's National Coach last week. All leading newspapers and TV featured him prominently and the Joint Coaching Organising Committee are to be congratulated on an excellent piece of public relations. Frank succeeds John Anderson, and continuity is assured by the appointment of the former National Coach as "Co-ordinator". Acceptance of this honorary post is a commendable gesture of generosity by Anderson, and another instance of the solidity of effort as Scottish athletics prepares for its greatest-ever challenge.

CLASSIFIED ADVERTISEMENTS

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TRACK & FIELD Clothing, Equipment, Footwear. 1970 illustrated catalogue—discount terms. Yardleysport, Olympic House, Padiham Lanes.

OUR FAMOUS AMERICAN STYLED "SLOPP SHIRT," printed with your own club design, makes an excellent track suit top. 13 Colours, 4 sizes, 42/- each. Trousers to match 45/11. Also supplies of "Umbro" sportswear. Canadian Slopshirt Company (AW), 88, Park Lane, Croydon, Surrey.

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ATHLETIC EVENTS

An advertisement can increase **YOUR** entries, 30s. per s.c. inch, per insertion, 33½% discount to clubs on three or more insertions of same copy.

THURROCK "FESTIVAL OF SPORT" YOUNG ATHLETES MEETING

(Under AAA & WAAA Laws)
SUNDAY, 28th JUNE

At King George V Sports Ground,
Grays, Essex

OPEN EVENTS for Junior Ladies, Inter.
Ladies, Boys, Youths and Junior Men.

Medals for all events. Entries to and details
from Mr. Ronald Sales, 78 Orchard Road,
South Ockenden, Essex, RM15 6HH. Fees: 3/-
per entry, 5/- Relay Teams.

OXTED & DISTRICT A.C.

Clive C. Watts Memorial Trophy

THIRD ANNUAL

5½ MILES ROAD RACE

SATURDAY, 25th APRIL, 1970

At 2.45 p.m. Under A.A.A. Laws

From Bushey Croft Recreation Ground

(Near The Old Bell Inn, Oxted)

Medals first 3 teams (4 to run, 3 to score) and
first 3 individuals. Plus medal for first Veteran
(Over 40). Entries (5/- teams, 2/- individual)
close 13th April, 1970, to P. A. Smith, 15 St.
Clair Close, Oxted, Surrey.

HORWICH (R.M.I.) H. & A.C. RIVINGTON PIKE FELL RACE

(Under A.A.A. Laws)

Easter Saturday, March 28th (3¼M.)

Prize Values: 1st £4 (and Chal. Cup), 2nd £3,
3rd £2, 4th £1.5.0, 5th & 6th £1, 7th 15s., 8th,
9th, 10th 10s.

Entries on AAA forms (fee 2/6), to J. Prescott,
8 Travers St., Horwich, nr. Bolton, Lancs.,
by March 14th.

LEIGH HARRIERS & A.C.

Second Annual "J. Dickinson" 7½ Mile

OPEN CROSS-COUNTRY RACE

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

Leigh Athletic Ground, Charles St., Leigh

SATURDAY, 21st MARCH, at 3.00 p.m.

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

Awards: Ind. Prizes valued £5.5.0, £3, £1.
Team Trophy and prizes valued 4 at £2, 4 at
£1.10.0, 4 at £1. Also 1st Vet. (O/45) £1.

All enter as ind. Fees: Ind. 2/6, 5/- per team.

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

2.30 p.m. Boys O/14, U/16 on 1.9.69

Awards: Ind. Prizes value £2.10.0, £1.15.0, 15s.
Team Trophy and medals first 3 teams. Fees:
Ind. 1/-, teams 5/-.

1½ MILE COLTS C.C. RACE

U/14 day of race. Entry Fee 1/-

Entries on AAA forms to C. F. Madely, 3
North Brown St., Leigh, Lancs. (Leigh 71384,
day only). Closing date 10th March.

MIDLAND COUNTIES A.A.A.

INDOOR ATHLETIC MEETING

AT R.A.F. COSFORD, WOLVERHAMPTON

ON SATURDAY, 21st MARCH, 1970

RAF v. WALES v. MIDLANDS v. SCOTLAND v. N. IRELAND

Plus A.A.A. SENIOR CHAMPIONSHIP RELAYS 4 x 100m & MEDLEY (4 x 3
x 2 x 1—in that order) and W.A.A.A. 4 x 100m RELAY CHAMPIONSHIP

Also included in the meeting will be two Women's A.A.A. Championship events—
Intermediate 400m and Intermediate 800m (5/- per entry), also an Invitation Junior
Ladies 60m.

Entry Fee for Relays—20/- per team

CLOSING DATE 7th MARCH

Organised by Midland Counties A.A.A.

Entries to: M.C.A.A.A., Rooms 30 & 32, Queen's College Chambers, 38a Paradise
Street, Birmingham, 1. Tel: 021-643-6916. A stamped and addressed envelope must
be sent with entry in order to obtain a Timetable/Admission Ticket.