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weekly
INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

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Lists For 1975

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Midland Women's CC Championships

At Rugeley, February 15th

1, S. Hassan (Birchfield)	18:40
2, C. Readdy (Stoke)	19:03
3, C. Stenhouse (Bristol)	19:33
4, S. Smith (Bris) 19:43; 5, S. Clarke (Cov) 19:48;	
6, R. Duddle (Leic) 20:06; 7, A. Kirkham (Cov) 20:12;	
8, B. Smith (B&R) 20:15; 9, H. Edwards (Notts) 20:21;	
10, M. Palmer (West) 20:24; 11, S. Parker (W&B) 20:30;	
12, M. Hepworth (Notts) 20:42; 13, T. Colebrook (Cann) 20:47;	
14, P. Kemp (Stoke) 20:51; 15, W. Green (W&B) 20:54;	
16, P. Slyde (W&B) 20:58; 17, B. Brookes (Stoke) 20:59;	
18, B. Cook (W&B) 21:04; 19, P. Byrne (W&B) 21:05;	
20, J. Dent (Bris) 21:06. Teams: 1, Stoke 55; 2, Wolverhampton & B 60; 3, Bromsgrove & R 76.	

Intermediates

1, G. Dainty (Birchfield)	12:31
2, L. Fletcher (Bromsgrove & Redditch)	12:47
3, D. Cresswell (Coventry Godiva)	12:52
4, M. Bone (West) 12:59; 5, S. Avis (Bris) 13:04;	
6, H. Purton (Stoke) 13:07; 7, G. Perry (Stoke) 13:19;	
8, K. Butters (Leic) 13:22; 9, K. Lock (Here) 13:27;	
10, J. Cooney (B'field) 13:31; 11, K. White (West) 13:35;	
12, S. Nuttall (West) 13:42; 13, K. Tedd (Cov) 13:43;	
14, C. Bell (Cov) 13:51; 15, R. Tweed (Work) 13:57;	
16, S. Grogan (B'field) 14:06; 17, G. Lawrison (Leic) 14:09;	
18, J. Swell (Here) 14:20; 19, H. Grogan (B'field) 14:22;	
20, C. Ferguson (B'field) 14:26; 21, S. Mayer (Stoke) 14:28;	
22, J. Thomas (Cov) 14:29; 23, M. Cotton (B&R) 14:30;	
24, J. Bennett (B&R) 14:31; 25, V. Darby (B'field) 14:38;	
26, E. Levett (Hales) 14:42; 27, N. McIntyre (West) 14:51;	
28, H. Boydon (B&R) 15:10; 29, G. Wooley (Cann) 15:18;	
30, H. Smith (West) 15:20. Teams: 1, Westbury 27; 2, Coventry 30; 3, Birchfield 31;	
4, City of Stoke 34; 5, Bromsgrove & R 49; 6, Leicester 60; 7, Hereford 68. (Turley Shield): 1, Perry; 2, Cooney; 3, Ferguson. Team: Birchfield 55.	

Juniors

1, A. Pattinson (Stoke)	10:22
2, L. Plant (Bromsgrove & R)	10:42
3, Shirley Johnson (Leicester)	10:46
4, Sharon Johnson (Leic) 10:48; 5, J. Simcox (Stoke) 10:56;	
6, S. Gwinnell (Bris) 10:58; 7, J. Braznell (War) 11:07;	
8, A. Soar (Notts) 11:09; 9, V. Lancashire (Notts) 11:10;	
10, E. Harris (Cann) 11:10; 11, A. Jenkins (Worc) 11:11;	
12, K. Boyce (Leic) 11:13; 13, H. Hopkins (Cov) 11:16;	
14, E. Frame (Stoke) 11:16; 15, S. Harris (Rug) 11:19;	
16, Y. Edwards (Cann) 11:22; 17, J. Claris (Bris) 11:25;	
18, K. Plant (B&R) 11:29; 19, K. Smith (Durs) 11:31;	
20, C. Lloyd (Hales) 11:32; 21, J. Arkell (Cann) 11:33;	
22, S. Grant	

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ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

Vol 30 No 9

February 28th, 1976

Business Manager: P. W. Green

Editor: MEL WATMAN

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Subscription Department and Distribution:
VERONICA GILLINGHAM & KAREN HUGHES

Advertisement Director: P. W. GREEN

Assistant Business and Advertisement
Manager: TIM GREEN

Published by

WORLD ATHLETICS AND
SPORTING PUBLICATIONS LTD., 344 HIGH
STREET, ROCHESTER, KENT.
Tel: Medway (0634) 44644

Advertisement Department

The Advertising Director,
World Athletics and Sporting Publications Ltd.,
344 High Street, Rochester, Kent.

Printed by

THE KENT ART PRINTERS LTD.,
NEW ROAD, ROCHESTER, KENT ME1 1DT.
Registered as a newspaper at the Post Office.

SUBSCRIPTION RATES

Direct subscribers in the U.K. and H.M. Forces.
12 Months (52 issues) £9.32.
6 Months (26 issues) £4.66.

All other subscriptions:

(Home) 12 Months £11.18.
Overseas Surface Mail 12 Months £10.92.
Air Mail (Europe) £12.48.
Air Mail (Outside Europe) Rates on application.

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THE WEEK AHEAD

Saturday, February 28th: IAAF International CC Champs, Chepstow; Woking '10'; Weymouth '10'; Edinburgh University '10'; Newland Park Road Relay & Youths Race; Nottingham University Road Relay; Victoria Park Jubilee Road Relay; Crawley AC Young Athletes CC Races; TAVR Champs (Inc Army & TAVR), AAC Harrogate; Ulster Schools CC Champs; Kent Schools Boys CC Champs, Dartford.

Sunday, February 29th: South Western Counties CC Champs, Yeovil; Stretford AC Winter Track Meeting, Longford Park; Bath & Percy '10'; Peterborough AC 'Fred Salter' Memorial Races; Blackburn H Witton Park CC Relays.

Wednesday, March 3rd: TVH Open Meeting, West London; Lincs CC League, Wittering; Midland Police CC Champs, Leek Wooton, Warwick; London Colleges CC League, Petersham.

Friday, March 5th: UK v Canada Indoor Match, Montreal; Inter-Services CC Champs, Pirbright.

RESULTS ROUND-UP

13.2. Toronto. (i) 3M: 3, P. Bannon 13:28.0
13.2. Montgomery. (i) 2M: A. Staynys 8:38.8; 3M: C. Ridler 13:30.2. **20.2. New York.** (i) 3000: R. Martin 7:59.6; HJ: D. Stones (US) 2.29/7'6½" (world best), R. Kotinek (US) 2.26/7'5"; PV: D. Ripley (US) 5.58/18'3½" (world best), W. Kozakiewicz (Pol) 5.43/17'10". **20.2. Salt Lake City.** (i) ITA HJ: J. Radetich 2.28/7'6". **21.2. San Diego** (i) Mile: R. Dixon (NZ) 3:56.8, F. Bayi (Tan) 3:57.5, P. Cummings (US) 3:57.7; 2M: F. Shorter (US) 8:27.0, S. Nyambui (Tan) 8:27.2; HJ: Stones 2.30/7'6½" (world best); women's 500y: L. Forde (Bar) 63.4 (world best). **21.2. Honolulu.** SP: T. Albritton (US) 21.85/71'8½" (world rec).

21.2. Cosford. (i) 200: I. Saunders 22.1; 600: J. Aukett 79.9; 60H: D. Wilson 8.2; HJ: M. Palmer 2.10/6'10½" (jnr best); PV: M. Bull 4.70/15'5" ... 3, A. McKenzie (previous best 3.90/12'9½") 4.45/14'7½" (!); women's 60: B. Goddard 7.4; 200: V. Elder 24.8; 600: Elder 90.9, E. Barnes 91.4, R. Kennedy 92.5; 1500: M. Stewart 4:17.3, N. Braithwaite 4:20.0; 60H: S. Longden 8.6; HJ: G. Hitchen 1.74/5'8½"; LJ: R. Howell 6.00/19'8½"; SP: B. Bedford 15.46/50'8½". **22.2. Parliament Hill.** National Vets CC: R. Fowler 31:39, R. Gomez 32:03, R. Cooper 32:14. Team: Verlea. (O/50) J. Brown 36.13, P. Wallace 36:24, K. Hall 36:59. Team: Cambridge H.

Cover photo by Tony Dumont

Another Honour For Edinburgh Southern

A GAIN there was a close fight for the NUTS Women's Club of the Year Award, and after all the calculations had been made the first three positions were identical to 1974. So the trophy remains with Edinburgh Southern Harriers, to add to the UK National League, Pye Gold Cup and Scottish League competitions already won. This contest is calculated by scoring, from the 1971 IAAF Tables, the best performance achieved by a first claim member of a club in the following events: 100, 200, 400, 800, 1500, 3000, 100H, HJ, LJ, SP, DT, JT, 4 x 100 and 4 x 400. This is therefore very much on the lines of the Pye Gold Cup, which obviously suits the runners-up in that competition, Wolverhampton & Bilston, who move up to their highest placing ever. Another team suited by the rules are Kent AC, bottom of the Southern League (Div 1) but here beating all but five of the 24 teams that finished above them. DHTC, Medway, Sale, Bracknell and Derby were the most improved teams, each increasing their previous year's total by at least 1000 points, and in general the teams in the National League fared well, even though the League requires far more in all-round strength.

Club	Points	1974
1. Edinburgh Southern	12845	(1)
2. Stretford	12811	(2)
3. Mitcham	12471	(3)
4. Wolverhampton & Bilston	12464	(5)
5. Birchfield	12354	(4)
6. Cambridge H	12237	(8)
7. London Olympiades	12035	(9)
8. Bristol	12016	(10)
9. Sale	12000	(25)
10. Essex LAC	11789	(6)
11. Exeter	11679	(23)
12. Notts LAC	11651	(21)
13. Maryhill	11570	(7)
14. Havering	11522	(14)
15. Croydon	11448	(19)
16. Derby LAC	11429	(35)
17. Reading	11380	(34)

18. B of Enfield	11333	(24)
19. City of Stoke	11304	(17)
20. Feltham	11280	(12)
21. Cardiff 11244 (18); 22. Kent AC 11217 (28);		
23. Portsmouth AAC 11214 (33); 24. Bury 11193		
(11); 25. Hull Spartan 11181 (29); 26. City of		
Plymouth 11152 (41); 27. Bracknell 11150 (50); 28.		
Aldershot, F&D 11140 (22); 29. Hillingdon 11118		
(16); 30. Southend 11110 (15); 31. Southampton &		
E 11059 (32); 32. Bournemouth 10994 (30); 33.		
Leicester 10949 (26); 34. Cannock C 10855 (54);		
35. Chelmsford 10809 (20); 36. Oxford LAC 10774		
(56); 37. Norfolk Oly 10754 (45); 38. Solihull		
10733 (13); 39. Crawley 10674 (43); 40. Pitreavie		
10636 (46); 41. Harlow 10612 (27); 42. Epsom &		
E 10572 (37); 43. Medway 10546 (—); 44. Middle-		
sex LAC 10543 (59); 45. Surrey AC 10515 (40);		
46. City of Hull 10492 (31); 47. Brighton & H		
10471 (38); 48. Verleia 10356 (51); 49. Liverpool H		
10353 (53); 50. Dorothy Hyman TC 10335 (67); 51.		
Wycombe P 10321 (44); 52. Selsonia 10304 (49);		
53. Ilford 10297 (64); 54. Edinburgh AC 10182		
(52); 55 eq. Warrington 10115 (36) & Uxbridge		
10115 (66); 57. Central Region 10068 (42); 58 eq.		
Windsor, S&E 10028 (55) & Thurrock 10028 (—);		
60. Sheffield 10010 (—).		

61. Barnet 9986 (—); 62. Coventry Godiva 9979 (48); 63. North Shields P 9945 (—); 64. Airedale & SV 9928 (62); 65. Luton 9918 (—); 66. Lzells 9883 (—); 67. Highgate 9851 (—); 68. Wigmore 9842 (63); 69. Middlesbrough & C 9770 (57); 70. Swansea 9668 (47); 71. Haringey & S 9566 (—); 72. Basildon 9438 (—); 73. Woking 9410 (—); 74. Tonbridge 9391 (—); 75. Dartford 9371 (—); 76. Bedford 9358 (—); 77. Surrey B 9289 (—); 78. Lancaster & M 9276 (58); 79. Rowntrees 9222 (39); 80. Cheltenham 9215 (—); 81. Lincoln C&C 9198 (60); 82. Blackburn 9188 (—); 83. Longwood 9146 (68); 84. Dundee Hawkhill 9146 (—); 85. Watford 9128 (70); 86. Newport 9118 (61); 87. Gloucester 9117 (—); 88. Shrewsbury 9061 (—); 89. Leeds City 8913 (—); 90. Lincoln W 8886 (—); 91. Hertford 8847 (—); 92. Leamington 8798 (—);

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BLACKHEATH HARRIERS

WINTER TRACK MEETING, 1976

CRYSTAL PALACE, SUN., MARCH 14th

Start 1 p.m.

Events: Senior 100m, 300m, 600m, 1000m, 3000m, 2000mSC, HJ, LJ, PV, SP, DT, JT. Junior 100m, 300m, 600m, 1000m, HJ, LJ, PV, SP, DT, JT. Youth 100m, 300m, 600m, 1000m, HJ, LJ, PV, SP, DT, JT. Boys 100m, 600m, 1000m. Entry Fees (to cover track hire); 20p per event. Entries by letter to R. Taylor, "Stoneley," 14 Denbridge Road, Bickley, Kent. BR1 2AG (Tel: 01-467 6466) by March 9th.

NO PRIZES—ONLY TIMES

SAE for timetable

93, Bromsgrove & R 8773 (69); 94, Blackpool & F 8768 (—); 95, Rossendale 8717 (—); 96, Halesowen 8678 (—); 97, Warley 8555 (—); 98, Worthing 8535 (—); 99, Daventry 8460 (—); 100, Hereford 8335 (—).

Junior Women

Continuing the experiment I started last year, I worked out the points scores for Juniors only. Because girls only stay in this age group for a short period, it should be difficult for a club to maintain a consistently high place as they replace the girls as they move up to the Intermediate ranks each season. Therefore, all the more credit to last year's winners, Sale H, who rank third with a completely new 'team'. Notts AC and Birchfield are others who hold their positions well. Opposed to this, Chelmsford and Essex Ladies come from 'nowhere' to fill the first two positions, greatly helped by two excellent pentathletes. Angela Rothwell scores in no less than six events for the winners, while Kim Hagger counts in four for Essex Ladies.

Club	Points	1974
1. Chelmsford	7982	(—)
2. Essex LAC	7801	(—)
3. Sale	7754	(1)
4. Edinburgh Southern	7749	(—)
5. Bristol	7724	(15)
6. Notts	7687	(7)
7. Birchfield	7624	(6)
8. Cardiff	7600	(11)
9. Southampton & E	7553	(—)
10. Edinburgh AC	7549	(—)

11, Leicester 7497 (12); 12, Harlow 7410 (10); 13, City of Stoke 7374 (—); 14, Portsmouth 7363 (—); 15, City of Plymouth 7358 (—); 16, Radley 7348 (—); 17, Cannock 7328 (18); 18, Epsom & E 7323 (—); 19, Derby LAC 7298 (13); 20, Middlesex LAC 7247 (—); 21, Feltham 7231 (—); 22, Hillingdon 7230 (5); 23, Norfolk Oly 7208 (—); 24, Coventry G 7193 (—); 25, Luton 7182; 26, Bracknell 7102 (—); 27, Southend 7099 (20); 28, Mitcham 7097 (4); 29, Stretford 7045 (19); 30, Reading 7044 (—); 31, Woking 7036 (—); 32, Warrington 7021 (3); 33, Exeter 7019 (—); 34, Watford 7004 (—); 35, Brighton & H 6961 (—); 36, Wycombe P 6951 (—); 37, Havering 6941 (—); 38, Wolverhampton & B 6908 (—); 39, City of Hull 6887 (17); 40, Liverpool P 6877 (—); 41, Crawley 6774 (—); 42, Aldershot, F&D 6727 (9); 43, Pitreavie 6718 (—); 44, Haringey & S 6680 (—); 45, Thurrock 6662 (—); 46, Bury 6651 (8); 47, Hull Spartan 6643 (—); 48, Maryhill 6632 (—); 49, B of Enfield 6608 (2); 50, Oxford LAC 6607 (—).

I would like to thank everybody who supplied details of their club members who had achieved NUTS standards, and also sent in entries for the 'Club of the Year'. Unfortunately this is the last time I shall be able to compile these particular lists. If anybody is willing to take over, would they please write to me at 6 Beachy Road, Broadfield, Crawley, West Sussex.

Tony Miller

MITCHAM AC 'PRESTIGE' WOMEN'S CC RACES

At Morden Park, February 7th

1, P. Fowler (Brighton & Hove)	16:24
2, B. Stone (Thurrock)	17:12
3, C. Butler (Borough of Enfield)	17:27
4, B. Cushen (HW) 17:24; 5, C. Chaplen (Sel) 17:47; 6, M. Tannetta (High) 18:06; 7, P. Davis (Sel) 18:18; 8, V. McCormick (Thurr) 18:36; 9, R. Gaussen (E&E) 18:45; 10, B. Norrish (B&H) 18:48. Teams: 1, Brighton & H 24; 2, Thurrock 28; 3, Highgate 32; 4, Epsom & Ewell 35. (Inters): 1, B. Frank (Mit) 11:09; 2, C. Chell (Sy B) 11:12; 3, C. Thixton (Mit) 11:28; 4, M. Cobden (Sel) 11:32; 5, D. Hallett (High) 11:34; 6, D. Burchett (Croy) 11:37; 7, J. Williamson (E&E) 11:43; 8, J. Britton (E&E) 11:49; 9, K. Piper (E&E) 12:03; 10, S. Bennett (Sy B) 12:22. Teams: 1, Mitcham 20; 2, Epsom & Ewell 24; 3, Surrey Beagles 30; 4, Selsonia 36.	

Juniors

1, E. Harding (E&E) 8:36; 2, C. Muntzer (High) 8:55; 3, A. Watley (Wok) 8:59; 4, J. White (Mit) 9:04; 5, H. Werder (Park) 9:08; 6, L. Mosen (High) 9:10; 7, S. Kalimeraki (High) 9:11; 8, J. Compton (Wok) 9:13; 9, K. Brooker (Mit) 9:14; 10, L. Ward (E&E) 9:20. Teams: 1, Mitcham 40; 2, Highgate 44; 3, Epsom & Ewell 62; 4, Woking 67; 5, Camberley 94; 6, Carshalton HS 104. (Girls): 1, S. Poulter (E&E) 9:13; 2, M. Farrell (Brack) 9:22; 3, M. Head (Wok) 9:25; 4, C. Harding (E&E) 9:27; 5, K. Hughes (Thurr) 9:28; 6, J. Simms (Sel) 9:39; 7, G. Sawyer (Sy) 9:42; 8, A. Reid (E&E) 9:43; 9, C. Parker (E&E) 9:45; 10, L. Tyler (Mit) 9:50. Teams: 1, Epsom & Ewell 22; 2, Mitcham 53; 3, Thurrock 74; 4, Surrey 90; 5, Selsonia 146; 6, Wimbledon Chase 152. (U/11): 1, K. Meredith (LOAC) 6:15; 2, H. Meredith (LOAC) 6:30; 3, J. Punter (Mit) 6:34; 4, H. Tipple (E&E) 6:40; 5, L. Stallard (Mit) 6:41; 6, C. McDonald (Wimb) 6:45; 7, T. Foster (Thurr) 6:47; 8, H. Avila (S&C) 6:48; 9, Y. Forbes (Wimb) 6:50; 10, T. McGriffin (Hast) 6:52.
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NORTH EASTERN COUNTIES WOMEN'S CROSS-COUNTRY LEAGUE

At Darlington, February 8th

1, M. Fawkes (NSP) 15:59; 2, A. Burke (Gates) 16:43; 3, P. Fish (NSP) 17:17. Team: 1, North Shields Poly 10; 2, South Shields 19. (Inters): 1, S. Blair (West) 11:21; 2, K. Moody (S Shields) 11:28; 3, K. Reavely (S Shields) 12:17; 4, D. Hedley (Jarr) 12:39; 5, P. Crawford (Darl) 12:55; 6, V. Parnaby (Durh) 13:06. Teams: 1, South Shields 18; 2, Jarrow & Hebburn 27. (Juniors): 1, J. Hull (Darl) 9:44; 2, S. Kirkwood (Blay) 9:57; 3, L. McCabe (Darl) 10:03; 4, G. Hawyes (Jarr) 10:25; 5, E. Snaith (Durh) 10:35; 6, D. Kitchen (Jarr) 10:42. Teams: 1, Darlington 15; 2, Jarrow 18; 3, Blaydon 30. (Girls): 1, G. Bryant (Darl) 10:01; 2, P. Clough (Durh) 10:19; 3, L. Hesforth (Jarr) 10:27; 4, D. Sinclair (Blay) 10:37; 5, M. Johnson (Gates) 10:52; 6, A. Cavanagh (Gates) 10:55. Team: 1, Gateshead 18; 2, Darlington 24; 3, Jarrow 29.

European Indoor Championships**Cliff Temple reporting****GEOFF CAPES REGAINS SHOT TITLE****Other medals for Berwyn Price, Sonia Lannaman and Ray Smedley**

BRITAIN continued her successful forays to the European Indoor Championships last weekend with four of the seven British athletes who eventually competed (from the original selection of eleven) bringing home medals from Munich. Heading the tally, and one of the most dominant champions, was Geoff Capes, who regained the shot title he won in 1974, while Sonia Lannaman (60m) and Berwyn Price (60m hurdles) were silver medallists, just inches away from gold, and Ray Smedley (3000m) took a bronze medal after a brave try at stealing his race. Britain has now won 33 medals in 11 such 'Games' or championships since 1966, an average of three per year, so the 1976 showing, despite such a select team, was above average.

Capes was always in charge of the shot, despite weariness from his recent long American campaign and a damaged finger on his throwing hand which necessitated the wearing of an officially approved tape. But the competition was virtually over by the second throw, when Capes reached 20.43/67'0 $\frac{1}{4}$ ", which would, as it turned out, have been sufficient to win. In fact the three medal-winning performances all came in the first five throws of the competition as Gerd Lochmann (the sole East German, to Capes' disappointment) attained 20.29/66'6 $\frac{1}{4}$ " and the spiral-technique putter Aleksandr Baryshnikov 20.02/65'8 $\frac{1}{4}$ ". Capes followed up with a series of 20.34, foul, 20.20, 20.64 (his winning put), before fouling his last effort, another long one. In fact any of his three best trials would have won. Sweden's Hans Hoglund (20.40/66'11 $\frac{1}{4}$ " this year) was not competing, and one of Capes's other nearest rivals on paper, Anatoliy Yarosh (USSR), had a nightmare day. He had five fouls out of six, and his only legal effort (19.38/63'7") was originally ruled outside the arc, but the knowledgeable German crowd gave this decision such a chorus of whistling that the judges looked again and found that, after all, there was a mark.

Pleased at regaining his title, Capes said afterwards that he had decided to "go hell for leather on that first throw in case the finger gave out. But it didn't, so I carried on. The trouble is in the second finger, where a very fine muscle group inside the knuckle has torn. I could have had an injection to kill the pain, but the cortisone involved is steroid-based, so I didn't risk it. I tried throwing yesterday without the tape on, and I couldn't, so I got a signed certificate to say I had to wear it for medical reasons.

"For the next couple of months I'll just be training. I feel very tired after six weeks on the go, and my next big competition may not be until the USSR match in late May. I've withdrawn from the indoor match in Montreal.

"The trip to the States was really beneficial. It

was a big decision for me, because I don't like flying and there they fly everywhere between meetings—it's not 200 miles, it's 2,000 miles at a time. But every winter I've been to Cosford, and this year I decided I needed a change.

"My weight has dropped a couple of stone to 19st 8lb (124kg/274lb) and sometimes I think I'm too light. But last year I lost this title because I was too fat! For Montreal there are perhaps six putters, any one of whom could win, and I hope I'm one of them. I'm going there to do well, but there are a lot of pressures."

With none of Britain's three champions from Katowice in 1975 defending, Sonia Lannaman came within an ace of succeeding Andrea Lynch in the 60m. In a blanket finish, she was just 100th of a second down on Sweden's Linda Haglund (who recently set a manually-timed world best of 7.0, compared to Sonia's 1976 best of 7.3). Earlier she had given British fans a scare when, on descending the steep slope which stopped the sprinters at the finish, she caught her spikes on the track and fell heavily, to be helped off by first aid men. Fortunately no muscle damage was done and she returned to clock her fastest electrical time in the final—7.25. The starting of Sonia and another former European Junior champion, Berwyn Price, is a handicap at such short distances, but in their finals here both got off to relatively good starts. Price, whose hurdling strength is his ability to come through the field and wipe out an indifferent start, is particularly handicapped in a race barely half his normal distance, but again his competitive flair rose to the occasion. With a pre-championship best of 8.02, Berwyn improved to 7.97 (heat), 7.91 (semi-final) and 7.80 (final). He was only two-hundredths of a second down on the USSR's Viktor Myasnikov (a manual 7.4 recently) at the line to take the silver, and hitting the second barrier hard may have meant the difference between first and second to the tall Welshman. If Berwyn improved through the day, first prize for consistency must go to Eduard Pereverzev (USSR, 5th) who ran 8.00 on electrical timing in all three rounds! Guy Drut was absent, racing in the USA.

With the 3000m something of a British speciality in these championships, Ray Smedley was somewhat concerned afterwards about having to go back to Birmingham to face previous winners Ian and Peter Stewart with 'only' a bronze medal. But it wasn't for want of trying. Smedley made a break for home 1 $\frac{1}{2}$ laps out and going into the final 179m lap was 3m up on the field and moving magnificently. But a lack of recent speed work in training ("I haven't been under 28 seconds for 200m in six months") told, and as Ingo Sensburg (only third in the West German championships) was lifted by the vociferous crowd in the Olympia-

halle, Smedley began to tread water, to be overtaken by Sensburg on the final bend and by Poland's Josef Zubrak in the home straight. Emiel Puttemans was a non-starter and neither Peter Weigt (West German champion at 7:52.0, but who fell here at the start) nor Hans-Jurgen Orthmann (7:53.0 this year) made much impression.

Glen Grant, although eighth in the 1500m final, will be bringing back a wealth of experience of the somewhat rough-house running at his event indoors in Europe. After a perfectly-placed opening to the race, he was pushed to the side when the break came, and the favourite, Paul-Heinz Wellman, led a West German 1-2 with his compatriot Thomas Wessinghage. And if Sue Reeve is disappointed that she could not find her Cosford form in the long jump, the East German Indoor 'world record' holder Angela Voigt (6.76/22'24" in January) must have been even more shocked to find herself out of the medals. After two fouls Voigt only qualified for the last three rounds with a 6.32/20'8 1/2" safety jump, and then had three more fouls, to finish only fourth.

The saddest British story, however, was that of Phil Lewis, who had wretched luck when he was badly spiked in the opening steps of his 800m heat. It was madness to start a race like this on the crown of a bend, and next day the finals were started from an only marginally better position at the start of the bend, but by then the damage had been done. Lewis had to hobble off the track and was taken by stretcher to a medical room where a German doctor performed immediate surgery on his leg. The spike wound, 10cm long

The harrowing experience which befell Phil Lewis in Munich (and let's be thankful the injury wasn't even more serious) has drawn attention, for the second year running, to the necessity of having a doctor attached to the British party for such meetings as the European Indoor Championships. Last year at Katowice it was Phil Banning who came to grief; he had to be treated by a West German physiotherapist. This time, Lewis had to be carried on a stretcher to a medical room where his spiking wound required six stitches, while Geoff Capes's injured finger was strapped up before the competition by a Polish doctor. Without that attention he might not have been able to compete at all. The British Board must ensure in future that athletes have their own medical officer on hand to deal with such emergencies; the athletes' welfare must be uppermost at all times.

M.W.

and requiring half a dozen stitches, had fortunately just missed the achilles tendon, but Lewis's leg was put into a splint where it has to remain for a fortnight. But although he may not be able to start training again until April, Phil is still determined to have a shot at making the Olympic squad in this his final year of competition.

continued on page 26

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LEAGUE RACES

NORTH EAST DISTRICT WEDNESDAY CC LEAGUE

At Catterick, January 28th

- 1, eq M. Gue (AAC/Harrogate) 21:04
 G. Holden (8th Signal Regt) 21:04
 S. Lancashire (8th Signal Regt) 21:04
 4, B. Woodward (Leem) 21:08; 5, C. Hallimand (CS) 21:27; 6, P. MacMillan (AAC/H) 21:48; 7, J. Boyes (AAC/H) 22:06; 8, A. Matheson (T&W/FB) 22:14; 9, S. Little (AAC/H) 22:20; 10, G. Rippon (CS) 22:25; 11, S. Dalby (AAC/H) 22:27; 12, K. Fozard (CS) 22:28; 13, D. Johnston (CS) 22:29; 14, B. Hair (AAC/H) 22:37; 15, D. Manser (8th SR) 22:45; 16, D. McSherry (Leem) 22:53; 17, S. Payne (24th FB) 23:14; 18, K. Patterson (AAC/H) 23:16; 19, Cooper (AAC/H) 23:18; 20, Rowbottom (Dish) 23:39. **Teams:** 1, AAC, Harrogate 570; 2, NE Civil Service 530; 3, 8th Signal Regt 515; 4, AAC, Harrogate 'B' 482; 5, AAC, Harrogate 'C' 391; 6, 24th Field Amb 372.

RAF LONDON CC LEAGUE

At Stanbridge, January 29th

- 1, Rimmer (Halt) 32:06; 2, Johnson (Chess) 32:50; 3, Bott (Chess) 32:57; 4, Williams (H Wyc) 33:16; 5, Martin (Chess) 33:19; 6, Stott (Halt) 33:47; 7, Cobley (H Wyc) 34:06; 8, Standley (Chess) 34:09; 9, Midgley (North) 34:15; 10, Smith (M Hill) 34:24; 11, Marsden (H Wyc) 34:28; 12,

Sarjeant (Halt) 34:37; 13, Stokes (North) 34:39; 14, Dennis (H Wyc) 34:40; 15, Jordan (H Wyc) 34:48; 16, Wilcox (Halt) 34:48; 17, Palmer (Stan) 34:57; 18, Craig (H Wyc) 35:10; 19, Carrick (Halt) 35:24; 20, Smith (Hen) 35:34. **Teams:** 1, Chessington 386; 2, Halton 369; 3, High Wycombe 368; 4, High Wycombe 'B' 321; 5, Halton 'B' 306; 6, Northolt 306; 7, Mill Hill 279; 8, Henlow 279; 9, Stanbridge 261; 10, Woolwich 211.

LINCS CC LEAGUE

At Digby, February 4th

- 1, Fretwell (Scamp) 33:49; 2, Nichols (Witt) 34:17; 3, Prosser (Holb) 34:41; 4, Bulley (Wadd) 34:45; 5, Houlihan (Scamp) 34:51; 6, Thomas (N Luff) 35:01; 7, East (Finn) 35:24; 8, Duffield (N Luff) 35:29; 9, Morton (Dig) 35:55; 10, Clegg (Scamp) 36:00; 11, Rudman (Scamp) 36:06; 12, Gridley (N Luff) 36:34; 13, Ramm (Holb) 36:52; 14, Richmond (Noct) 36:54; 15, Riley (Finn) 37:00. **Teams:** (A) 1, Scampton 380; 2, North Luffenham 359; 3, Waddington 330; 4, Farningley 317; 5, Wittering 301; 6, Digby 285. (B) 1, Scampton 247; 2, Nocton Hall 233; 3, Newton 212.

CHINGFORD & DIST LEAGUE (5 Miles Road Race)

At Victoria Park, February 7th

- 1, M. Madders (Walthamstow) 24:01
 2, D. Roberts (Borough of Enfield) 24:06
 3, D. Hurlock (Walthamstow) 24:22
 4, M. Broyd (BoE) 24:28; 5, G. Harrold (BoE) 24:32; 6, J. Goldring (W'stow) 24:40; 7, N. Fisher (Har) 24:41; 8, A. Rich (W'stow) 24:42; 9, C. Cloke (BoE) 24:47; 10, C. Ridley (W'stow)

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24:50; 11, R. Howe (W'stow) 24:53; 12, K. Spencer (Har) 24:58; 13, J. Street (Barn) 25:03; 14, R. Bridgman (BoE) 25:19; 15, M. Quanne (Vic P) 25:21; 16, B. Dabrowski (Barn) 25:23; 17, J. Arger (BoE) 25:28; 18, D. Day (BoE) 25:30; 19, J. Anstey (Vic P) 25:31; 20, T. Ryan (N Lon) 25:37; 21, J. Madden (Lough) 25:40; 22, M. Phillipson (BoE) 25:41; 23, I. Nuckey (Barn) 25:46; 24, A. Anderson (H&S) 25:54; 25, G. Smith (Eton M) 25:58; 26, R. Vaughan (N Lon) 26:01; 27, K. Finnegan (BoE) 26:02; 28, J. Mercer (BoE) 26:05; 29, K. Lowe (Viv P) 26:07; 30, B. Hercock (BoE) 26:17. **Teams:** 1, Walthamstow 39; 2, Borough of Enfield 51; 3, Victoria Park 160; 4, Barnet 175; 5, Loughton 273; 6, Haringey & S 283; 7, Eton Manor 287; 8, Harlow 303; 9, North London 315.

BIRMINGHAM & DISTRICT CC LEAGUE (Division One)

At Coventry, January 17th

1, R. Smedley (Birmingham University) ... 34:03
2, P. Stewart (Birchfield) 34:20
3, J. Wheway (Wolverhampton & Bilston) 34:27
4, A. Rushmer (Tip) 34:32; 5, T. Jefferies (W&B) 34:39; 6, B. Cole (Tip) 34:46; 7, M. Longthorn (B'ham Un) 34:48; 8, J. Cadman (Cov) 34:55; 9, G. Taylor (S Heath) 35:05; 10, K. Rolason (Tip) 35:08; 11, G. Harvey (Stoke) 35:10; 12, M. Phillips (B'field) 35:12; 13, P. Banks (Cov) 35:14; 14, J. Eley (W&B) 35:17; 15, R. Tilling (B'field) 35:25; 16, P. Miller (Cov) 35:28; 17, K. Bartlett (Cov) 35:29; 18, K. Scott (S Heath) 35:30; 19, A. Richards (Tip) 35:32; 20, M. Pickering (B'field) 35:34; 21, H. Elder (W&B) 35:38; 22, S. Carter (Cov) 35:41; 23, N. Deakin (Stoke) 35:42; 24, B. Chaplin (B&R) 35:44; 25, M. Deegan (B'ham Un) 35:45; 26, J. Wright (Tip) 35:46; 27, P. Rowland (B'ham Un) 35:54; 28, B. Baldero (Tip) 36:01; 29, D. Ashe (Stoke) 36:08; 30, R. Harris (Stoke) 36:10; 31, M. Billington (Stoke) 36:13; 32, T. O'Reilly (S Heath) 36:14; 33, J. Godding (Stoke) 36:24; 34, M. Densley (B'field) 36:27; 35, M. Rollason (S Heath) 36:29; 36, P. Birks (Stoke) 36:35; 37, M. Bardsley (B'field) 36:42; 38, S. Lynch (Cov) 36:44; 39, P. Nash (S Heath) 36:48; 40, I. Jones (Cov) 36:54; 41, P. Flynn (S Heath) 36:55; 42, R. Panter (B'field) 36:58; 43, A. Grice (Tip) 36:59; 44, R. Weaver (B&R) 37:03; 45, R. Davies (B'field) 37:06; 46, M. Ridout (B'ham Un) 37:09; 47, M. Evans (Tip) 37:20; 48, R. Calvert (S Heath) 37:31; 49, P. Allen (Tip) 37:41; 50, A. Smith (S Heath) 37:44. **Teams:** 1, Tipton 93; 2, Coventry 114; 3, Birchfield 120; 4, City of Stoke 157; 5, W&B 160; 6, Birmingham Univ 161; 7, Small Heath 174, 8, Bromsgrove & R 328.

Youths

1, T. Milosorov (Tip) 18:06; 2, R. Partridge (B'field) 18:36; 3, L. Campbell (Tip) 18:43; 4, J. Earlston (Tip) 18:47; 5, M. Myatt (Tip) 18:48; 6, M. Pinnington (Stoke) 18:49; 7, A. Salter (B'field) 18:53; 8, M. Roberts (Stoke) 18:57; 9, S. Harris (Tip) 19:00; 10, K. Hill (Stoke) 19:02; 11, C. Perkins (Tip) 19:04; 12, R. Elliott (W&B) 19:05; 13, C. Szwed (Cov) 19:10; 14, S. Gray-

noth (Cov) 19:17; 15, N. Price (B&R) 19:18; 16, P. Hemmings (Stoke) 19:20; 17, R. Bentley (Tip) 19:21; 18, P. Windlass (Tip) 19:26; 19, A. Jackson (Stoke) 19:50; 20, S. Nelson (Tip) 19:52; 21, K. Hargreaves (Stoke) 20:10; 22, S. Hodgkinson (S Heath) 20:12; 23, S. Spear (Tip) 20:14; 24, K. Finney (Stoke) 20:16; 25, M. Poutney (Tip) 20:17. **Teams:** 1, Tipton 8; 2, Stoke 24; 3, Birchfield 39; 4, Coventry 53; 5, Bromsgrove & R 99; 6, Small Heath 116.

(Division Three)

At Nuneaton, January 17th

1, S. Walton (West Midland College) 40:44
2, M. Mountford (Stafford) 41:25
3, P. Meredith (Dudley & Stourbridge) ... 41:37
4, G. Arnell (WMC) 41:52; 5, D. Draper (Nun) 42:09; 6, I. Wilton-Jones (Sol) 42:23; 7, E. Hanson (Nun) 42:36; 8, P. Sladen (Chelt) 42:43; 9, J. Taylor (D&S) 43:05; 10, L. Kilkenny (Staff) 43:10; 11, G. Rhodes (Staff) 43:15; 12, G. Goldring (Chelt) 43:22; 13, C. Routledge (Nun) 43:29; 14, A. Mills (New) 43:37; 15, S. Collins (Chelt) 43:40; 16, G. Page (WMC) 43:43; 17, A. Lee (Staff) 43:44; 18, J. Tull (Chelt) 43:50; 19, S. Gains (Chelt) 43:52; 20, A. Black (WMC) 44:04; 21, M. Mitchell (Sol) 44:22; 22, R. Barlow (Chelt) 44:24; 23, C. Larkson (New) 44:32; 24, D. Warman (Nun) 44:48; 25, M. Sutton (Staff) 44:54. **Teams:** 1, Stafford 91; 2, Cheltenham 94; 3, West Mid Coll 123; 4, Nuneaton 153; 5, Solihull 166; 6, Dudley & S 168; 7, Newcastle 264; 8, West Bromwich 364; 9, Warley 380. **(Youths):** 1, M. Necak (Nun) 21:31; 2, B. Cresswell (Chelt) 21:47; 3, T. Beckett (Chelt) 22:30; 4, J. Farrow (Burt) 22:32; 5, A. Holding (War) 22:41; 6, D. Barlow (New) 22:44; 7, P. Hudson (Burt) 23:18; 8, M. Silvey (Chelt) 23:23; 9, S. Asson (Tam) 22:24; 10, D. Gibson (Nun) 23:46; 11, J. Benson (Chelt) 23:51; 12, B. Ward (Chelt) 23:54. **Teams:** 1, Cheltenham 13; 2, Nuneaton 30; 3, Burton 33; 4, Tamworth 40; 5, Harborne 70.

MERIT RANKING AMENDMENTS

(Men) Shot: Geoff Capes add 20.53, Mike Winch add 18.99, Bob Dale add 17.35, Bill Fuller amend best to 16.75. **Discus:** Mike Cushion add 56.72. **20km Walk:** Brian Adams 1:32:21 (not 1:33:21), Olly Flynn 1:30:45 (not 1:30:43). **Decathlon:** Dave Kidner add dnf Swiss; Mike Corden add 6669; 11th Swiss; Nick Phipps add dnf Swiss; Chris Youngs 6670 (not 6668). **(Women) (Note Hill G = Hillingdon Gala) 100m:** 7th—Donna Murray add 11.8; 2nd Hill G; 6th—Jenny Pawsey add 11.7; 1st Hill G. **800m:** Jane Colebrook add 2:08.0. **100mH:** Lorna Drysdale add 1st Hill G; Pat McNab add 14.1, 3rd Hill G; Ann Simmonds add 2nd Hill G; Sue Longden add 5th Hill G. **Long Jump:** Ruth Martin Jones add 4th Hill G; Sue Mapstone add 2nd Hill G; Ann Simmonds add 5.91, 1st Hill G; Sue Longden add 5th Hill G. **Discus:** Margaret Ritchie add 1st Hill G; Janet Thompson add 2nd Hill G; Janis Kerr add 4th Hill G; Gwen Bird add 45.86, 3rd Hill G.

Peter Matthews

Simmons To Lead England To Victory?

WITH title holders New Zealand absent this year, England's runners have an outstanding chance of regaining the IAAF International Cross-Country Championship at Chepstow Racecourse, Gwent, today (February 28th). Last year, when placing second at Rabat, England's scorers finished 7th (Ray Smedley), 14th (Grenville Tuck), 37th (Bernie Ford), 39th (Tony Simmons), 50th (Trevor Wright) and 51st (Alan Blinston), and this weekend's race should see a considerable improvement on that.

After his brilliant showing at Derby a fortnight ago, Simmons must be considered a possible individual winner—particularly as he will be motivated by running in his native Wales. Dave Black and Bernie Ford could also finish inside the first ten, while Grenville Tuck and Mike Tagg (the 1970 champion) should provide sound support. Much will depend on how high the sixth scorer (from Julian Goater, Dennis Coates, Andy Holden and Dave Slater) can place.

Belgium, who have won the team title five times as against England's 13 in the 18-year period spanning 1957-74, are without Emiel Puttemans but their line-up is still a formidable one, including 39-year-old Gaston Roelants (four times champion between 1962 and 1972, and their first man home last year), Erik De Beck (surprise winner in 1974), Willy Polleunis and Karel Lismond. Other solid-looking teams are Finland (Lasse Viren, Tapio Kantanen, Seppo Tuominen, Seppo Nikkari), West Germany (Michael Karst, Detlef Uhlemann, Klaus-Peter Hildenbrand, Hans-Jürgen Orthmann) and the USSR (Enn Sellik, Ivan Parlui, Nikolay Puklakov, Vladimir Myerkushin). The remaining teams are Algeria, Brazil (Jose Andrade Silva), France (Jacky Boxberger), Iran, Irish Republic (John Hartnett), Italy (Franco Fava, Giuseppe Cindolo), Morocco, N Ireland, Portugal (Carlos Lopez), Scotland (Andy McKean, Jim Brown—but not reigning champion Ian Stewart), Spain (Mariano Haro, runner-up for last four years), Sweden (Anders Garderud, Dan Glans), Switzerland, Tunisia (Abdelkader Zaddem), USA (can Gary Tuttle, 30th last year, do a 'Bill Rodgers'?) and Wales (John Davies, Bernie Plain).

Form is difficult to evaluate in the Junior race (16 teams entered) but the USA—led by Eric Hulst—could notch up their third successive team and individual triumph. Micky Morris is just over-age (and will run for the Welsh senior team) so the best British prospects could be Nicky Lees of England and Nat Muir of Scotland.

The women's race, contested by 12 nations, could be dominated by the USSR who field such outstanding track performers as Tatyana Kazankina, Nina Morgunova and Raisa Katuykova, but if they fail to click then defending champions USA (led by Lyn Bjorklund), the Irish Republic (with Mary Purcell and Deirdre Nagle prominent) or England (headed by Ann Ford) could step in.

The other teams are Belgium, Finland (with European 3000 champion Nina Holmen), France, Italy (Gabriella Dorio), possibly Poland, Scotland (Mary Stewart), Spain and Wales.

Timetable: 1.00 p.m.—parade of Junior teams; 1.15—Junior race; 2.00—parade of Women's teams; 2.15—Women's race; 2.35—parade of Men's teams; 3.00—Men's race; 4.00—presentation of awards by the Duke of Gloucester.

The Championships are sponsored by Tuborg Lager (Bass Ltd).

M.W.

'AW' CLUB FILM SHOW

National coaches John Le Masurier, Denis Watts and Tom McNab joined forces to provide another well received 'AW' Club Film Show in London. Tom introduced a fascinating compilation film of Olympic athletics history, containing rarely seen footage of such stars of the distant past as Ray Ewry, Dorando and Paavo Nurmi; Denis illustrated his account of the recent successful middle/long distance training trip to Gibraltar with slides; and, courtesy of the BBC, John screened highlights of the European Cup Semi-Final at Crystal Palace. The evening ended with a lump in the audience's throat as we saw once more a telerecording of that unforgettable 4 x 400 (Rosemary, Pat, Janet, Lillian) victory in Athens '69.

M.W.

ATTENTION, WOMEN MARATHONERS

The organiser of the 'All Women's Marathon' at Feltham on April 16th has arranged a pre-race training run around the course on March 7th. The start is at the Feltham Arena, Shakespear Avenue, Feltham at 11am and the course will be: Staines Road, Cranford, Bath Road, alongside Heathrow Airport, Colnbrook, Staines Road (one lap) ie 13 miles. Entries have been received from Margaret Thompson, Norma Campbell and Lesley Watson.

AAA 10,000m WALK

The AAA 10,000m Walking Championship will be held at West London Stadium on March 27th at 2.30 p.m. Entry forms, obtainable from the AAA Offices at 70 Brompton Road, London, SW3 1EE, should be returned with entry fee of 75p not later than March 15th.

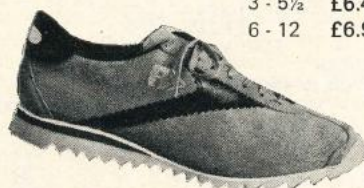
Lost—Pair of Nike spikes with white trim at Inter-Counties at Derby. Postage refunded by Chris Tidmarsh, 16 Floatshall Road, Baguley, Wythenshawe, Manchester M23.

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Northern Irish News

WHAT were only the 10th Cross-Country Championships for women in Northern Ireland, at Ballymena on February 7th, reflected the continuing development of the sport with an increase of 50 finishers in the three races. The team races were all dominated by visitors—Finn Valley from Donegal and the young Sparta AC from Derry—with local club Ballymena filling the minor placings in all three races.

(Intermediates): 1, G. Gillespie (Finn); 2, T. McGrath (St J); 3, G. McNulty (Finn); 4, C. Gillespie (W Abb); 5, S. Houston (Finn); 6, A. Kirkpatrick (Bally). **Teams:** 1, Finn Valley 9; 2, Ballymena 22; 3, Newtonabbey 30; 4, St Josephs 33; 5, Rathcoole 44; 6, Ballymena 'B' 61. **(Juniors):** 1, E. Healy (Sp) 7:01; 2, A. Herron (Sp) 7:03; 3, C. Gallen (Finn) 7:04; 4, V. Patterson (Bally) 7:05; 5, S. Tweddle (New) 7:06; 6, K. McGowan (Finn) 7:08. **Teams:** 1, Sparta 11; 2, Finn Valley 16; 3, Ballymena 34; 4, Tailte 70; 5, Rathcoole 79; 6, St Nicholas 80. **(Girls):** 1, K. Merritt (Finn) 5:32; 2, J. Gibbens (Sp) 5:34; 3, K. Herron (Finn) 5:36; 4, S. Reid (Finn) 5:37; 5, C. McAdams (Sp) 5:41; 6, J. Robinson (Bally) 5:45. **Teams:** 1, Finn Valley 8; 2, Sparta 14; 3, Ballymena 55; 4, Rathcoole 62; 5, St Nicholas 62; 6, St Josephs 71.

The new Tartan track in Belfast, paid for by public subscription as a tribute to Mary Peters, has been christened by the formation of a women's athletic club which is using the track as its base. The club is called Tailte AC and is named after a legendary beautiful Queen of Ireland around the sixth century BC, whose death was commemorated by an annual festival lasting two weeks, during which all the fighting tribes laid down their arms and showed their strength and skill in athletics and other sports. The club is essentially made up of very young members but has six of Northern Ireland's top ranked Juniors, including Michele Chambers, seventh in the WAAA Junior Pentathlon last season, and Sharon Gordon, double sprint champion last season with times of 12.4 and 26.1. Officers: President, E. Armstrong; co-ordinator, J. Glover; secretary, E. Hogarth, 3 Lenaghan Avenue, Saintfield Road, Belfast.

John Glover

The following first claim qualifications have been approved by the SCWAAA/SCWCC and RWA: A. Sharman, Crawley to LOAC; M. Hall, Burnley to Hillingdon; A. Bussey, Wigmore to Peterborough; Y. Lewis, Harlow to Aldershot, F&D; S. Barberis, Essex L to Brighton & Hove; J. Dicker, Hastings to Brighton & H; C. Smith, Weymouth St to Bournemouth; L. Kerr, Worthing & D to Brighton & H; A. Roberts, Surrey AC to Feltham.

A. Senior, Luton United to Bedford, not eligible until 26.3.76; S. & S. Bunyam, Haringey & Southgate to Enfield, not eligible until 2.4.76; and J. Clarke, Boreham Wood to Verlea, not eligible until 17.4.76.

Holden Wins Irish Event

NOT since Ireland last staged the International in 1964 has a cross-country race attracted as much attention as the event at Fermoy, Cork, on January 18th, and the initiative of the Grange club was rewarded with a big crowd which paid £1,450 to see a field liberally sprinkled with visiting internationals. Andy Holden and Grenville Tuck were the leading individuals with Shaftesbury, Manchester and District and Cardiff providing the team challenge. Donal Walsh and Paddy Coyle cut out the early pace but Tuck, Holden and Niall Cusack took over proceedings. The two jumps per lap created little difficulty for Holden who opened a gap on Tuck at 5M and came home 10 sec ahead.

1, A. Holden (Tipton) 28:21; 2, G. Tuck (Camb & C) 28:31; 3, N. Cusack (Limerick) 28:43; 4, D. Walsh (Leevale) 28:56; 5, G. Finnegan (Clon) 29:00; 6, R. Tracey (Lee) 29:04; 7, M. Critchley (Cardiff) 29:12; 8, D. O'Connor (Tipp) 29:17; 9, P. Coyle (Lourdes) 29:18; 10, T. Keegan (Naas) 29:22; 11, R. Crowley (St Fin) 29:27; 12, D. Blakeley (M&D) 29:30. Teams: 1, Clonliffe 62; 2, Leevale 68; 3, Donore 82; 4, Manchester & Dist 93; 5, Shaftesbury 98; 6, St Finbarrs 101; 7, Cardiff 107; 8, Liffey Valley 169.

TULLAMORE ROAD RACES

December 28th

European mile record holder Eamonn Coghlan continued his winning way when setting a course record for the 10,000m event, but European Junior silver medallist John Tracey—also on vacation from his American university—made him fight all the way. On the uphill run over the last mile it was Tracey who was forcing the pace, but Coghlan had too much pace over the last 200m. Result: 1, E. Coghlan (Don) 31:12; 2, J. Tracey (Water) 31:18; 3, N. Cusack (Lim) 31:26; 4, R. Tracey (Lee) 31:32; 5, D. Walsh (Lee) 31:40; 6, D. McDaid (Tire) 31:52. Teams: 1, Donore 98; 2, Achilles 141; 3, Leevale 159.

NATIONAL INTER-COUNTIES CHAMPIONSHIPS

At Ennis, January 11th

Gerry Deegan (21) emerged as an athlete of distinct promise when winning over a tough 7½ miles course—his decisive midrace burst putting paid to the hopes of the other challengers. He also led Waterford to their first national team title. Result: 1, G. Deegan (Water) 38:36; 2, N. Cusack (Lim) 38:54; 3, J. Tracey (Water) 39:07; 4, R. Tracey (Water) 39:11; 5, D. Walsh (Cork) 39:25; 6, T. Ryan (Water) 39:39; 7, G. Kiernan (Kerry) 39:52; 8, P. Coyle (Louth) 39:53; 9, R. Crowley (Cork) 39:58. Teams: 1, Waterford 65; 2, Cork 102; 3, Dublin 129.

Nick Davis

New address of the Scottish Sports Council is 1 St Colme Street, Edinburgh EH3 6AA (Tel: 031-225 8411).

* * *

The new fixtures secretary (track) for Dartford Harriers is Brian Fagg, 125 Hallford Way, Dartford, Kent.

BARROW ATHLETIC CLUB THE CHAS. KENDALL ROAD RACES

(Under A.A.A. Laws)

Sponsored by Chas. Kendall
(Turf Accountants Ltd.)

SUNDAY, 28th MARCH, 1976

Start and Finish at the Civic Hall, Barrow

Fourth Annual 10 Miles Road Race

3 laps around Barrow—Start 3 p.m.

Holder: Tony Simmons

Team Holders: Luton A.C.

PRIZE LIST

£140 worth of prizes

Individual

1st Prize to the value of	£30
(Plus trophy donated by Mr J. L. Rigg to be held for one year)	
2nd Prize to the value of	£10
3rd Prize to the value of	£5
4th Prize to the value of	£4
5th Prize to the value of	£3
6th Prize to the value of	£2
1st Junior under 20 on 1.9.75	£2
1st Veteran O/40 & U/50 on day	£2
1st Veteran over 50 on day of race	£2
1st Local Runner	£2
10 Mystery Prizes to the value of	£1 each
Teams (3 to count)	
1st Team 3 Prizes to the value of	£6 each
2nd Team 3 Prizes to the value of	£5 each
(Plus Frank Price Victory Trophy value £500 to be held for one year)	
3rd Team 3 Prizes to the value of	£4 each
4th Team 3 Prizes to the value of	£3 each
5th Team 3 Prizes to the value of	£2 each
6th Team 3 Prizes to the value of	£1 each
1st 'B' Team 3 Prizes to the value of	£2 each
Standard Certificates awarded to all Runners completing course in under 52 minutes.	

First Annual 3 Miles Boys' Race

1 full lap—Start 2.30 p.m.

PRIZE LIST

Individual

1st The Chas. Kendall Cup to be held for one year plus plaque; 2nd Plaque; 3rd Plaque. 1st Boy under 15 on 1.9.75 Plaque.
Teams (3 to count)
1st Team 3 Plaques; 2nd Team 3 Medals; 3rd Team 3 Medals.

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

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

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

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

WOLVERHAMPTON WINTER WARM-UP No 1

At Aldersley, January 18th

60/150m: E. Merchant (Spark) 7.2/17.2. 300: 1, G. Cook (W&B) 36.6; 2, C. Beverley (War) 36.7. (B): B. Davey (B'ham Un) 36.9. 600: 1, Cook 1:21.8 (51.0 at 400m); 2, Beverley 1:26.5. (Youths) 150/300: N. Jackson (W&B) 17.8/38.5. HJ: B. McGillion (Spark) 1.81/5'11½". (Boys) 150: R. Bradnock (W&B) 19.2. 300: D. Spencer (W&B) 40.0. (Senior Women) 150: 1, G. Spurgin (W&B) 19.1; 2, J. Adams (W&B) 19.6. 300: 1, Adams 42.2; 2, J. Byrne (W&B) 42.3. 600: 1, Byrne 1:36.8 (64.0 at 400); 2, A. Colley (Stret) 1:37.7; 3, J. Smith (Tip) 1:38.2; 4, A. Lawson (Stret) 1:39.4; 5, S. Gregory (War) 1:39.9. HJ: S. Parkinson (W&B) 1.51/4'11½". DT: E. Vali (Cann) 34.38/112'9". (Inters) 150: 1, L. Burnett (Shrew) 19.5; 2, F. Paterson (Dby) 19.5. 300: 1, Paterson 43.2; 2, Burnett 43.7. 600: V. Weston (Linc) 1:40.3. DT: M. Hindley (B'field) 28.56/93'8". (Juniors) 60: J. Parry (—) 8.3. 150: 1, J. Parry (Notts) 20.1; 2, G. Southern (B&F) 20.4; 3, S. Guise (W&B) 20.5. 300: 1, Guise 43.7; 2, K. Harrington (W&B) 43.9; 3, Perry 44.4. 600: 1, R. Mackay (Shrew) 1:43.8; 2, Parry 1:47.0. 2000: T. Blakewell (Notts) 5:47.2. DT: A. Franks (Rad) 31.00/101'8". (Girls) 150: H. Morton (Cann) 21.6. LJ: K. Martin (W&B) 4.45/14'7¼".

HUNTINGDON AC "O'NEILL" CROSS-COUNTRY TROPHY MEETING

At Gaynes Hall, February 8th

1, N. Field (S Holl) 34:56; 2, H. Quince (Bed) 35:47; 3, A. Kearns (Kett) 36:32; 4, J. Jenkins (Hunt) 36:39; 5, M. Holt (P'bro) 36:43; 6, M. Alsbury (S Holl) 36:44. Teams: 1, Kettering 150; 2, Bedford 146; 3, South Holland 140; 4, Stevenage 124; 5, Huntingdon 122; 6, Luton 104. (Vets): 1, H. Soper (Lut) 39:56; 2, J. O'Callaghan (Lut) 40:11; 3, D. Smith (Kett) 40:44; 4, R. Wallace (P'bro) 41:06; 5, G. Smith (Kett) 42:02; 6, M. Harvey (Kett) 42:54. Teams: 1, Luton 50; 2, Kettering 46; 3, Bedford 25. (Youths): 1, A. Ingram (Bed) 18:36; 2, D. Denehey (Bed) 19:07;

3, A. Bingham (Kett) 19:29; 4, D. McKenna (S Holl) 19:36; 5, A. Whaley (S Holl) 19:40; 6, C. Price (Hunt) 19:42. Teams: 1, Bedford 37; 2eq Kettering & South Holland 36. (Boys): 1, G. Wale (Hunt) 20:23; 2, N. Overton (S Holl) 20:29; 3, R. Jose (S Holl) 20:36; 4, P. Vigors (Bed) 20:46; 5, J. Moroney (Bed) 20:57; 6, S. Glaysher (P'bro) 21:03. Teams: 1, South Holland 51; 2, Bedford 44; 3, Huntingdon 37. (Colts): 1, K. Carley (Hunt) 13:09; 2, T. Owen (P'bro) 13:30; 3, M. Berril (Kett) 14:12; 4, J. Wear (Bed) 14:26; 5, G. Wilmot (Bed) 14:29; 6, S. Levesley (S Holl) 14:30. Teams: 1, Bedford 48; 2, Peterborough 44; 3, South Holland 42. (U11): 1, R. Brown (P'bro) 14:23; 2, N. Gibson (P'bro) 15:16; 3, R. Burton (Bed) 15:38. Teams: Peterborough 34; 2, Bedford 31; 3, South Holland 19.

Overall positions: 1, Bedford 331; 2, South Holland 293; 3, Kettering 251; 4, Huntingdon 240; 5, Peterborough 204; 6, Luton 154.

WARWICKSHIRE SCHOOLS CC CHAMPS

At Nuneaton, February 7th

1, Osbourne (Law S) 25:00; 2, Percival (NJC) 25:42; 3, Settle (Duns) 26:02; 4, Turvey (Kin) 26:21; 5, Raven (Black) 26:35; 6, Hughes (Law S) 26:43; 7, Szwed (NJC) 26:56; 8, Frazer (Ayl) 26:59; 9, Haylward (Law S) 27:52; 10, Ellis (Law S) 28:08. Team: Lawrence Sheriff. (Inters): 1, Redman (Ken) 22:35; 2, Necak (Harts) 23:51; 3, Dowsett (New G) 24:54; 4, Hood (Alces) 25:05; 5, Watson (Myt) 25:39; 6, Gibson (Harts) 25:47. Team: Hartshill. (Juniors): 1, Mayall (Duns) 16:45; 2, Taylor (New) 17:01; 3, Marriott (Duns) 17:04; 4, Fathers (Kin) 17:09; 5, Clarke (Duns) 17:16; 6, Pickard (Duns) 17:18. Team: Dunsmore. (Inter Girls): 1, Plant (Stud) 16:05; 2, Loverick (Ken) 16:28; 3, Gaymer (Black) 17:34; 4, Baker (Rug) 17:35; 5, Devey (Stud) 18:08; 6, Freehan (Strat) 18:28. Team: Studley. (Juniors): 1, L. Plant (Stud) 10:13; 2, S. Harris (Rug) 11:05; 3, J. Hemming (Ken) 11:07; 4, J. Green (Wols) 11:33; 5, J. Pettifer (Harr) 11:40; 6, J. Redman (Abb) 11:43. Team: Wolston.



The recently opened National Exhibition Centre in Birmingham could, within a few years, replace RAF Cosford as Britain's leading indoor athletics venue. It can easily accommodate a 200m track.

Tim Pike

BRITAIN'S OLYMPIC SELECTION PLANS

THE programme for the Kraft Games at Crystal Palace on the first two weekends of June has yet to be finalised by the BAAB but secretary Arthur Gold has made known the general format. He instanced the 800m. "We may invite eight, nine or ten athletes but we would be prepared to take a total field of sixteen. Anyone else who, for a variety of reasons, considers he or she should be considered would be free to submit an application for entry. These would be scrutinised, so we would have 16 runners: semi-finals on Friday, final on Saturday." Athletes will, in many cases, be able to go for two events: in all probability the 800 and 5000 will be held on the first weekend (June 4th/5th), the 1500 and 10,000 on the second (June 11th/12th).

"We have indicated," said Mr Gold, "that the Kraft Games will be the last opportunity for the selectors to see athletes in action before the team is picked, but selection will be largely based on the selectors' assessment of the athlete performing well in Montreal." The Olympic team will be picked on Sunday, June 13th. The 14-strong BAAB selection committee (which includes the two Principal National Coaches) will meet in the morning and, explained Mr Gold, will spend four-five hours preparing the team to be recommended to the full Council of the BAAB for selection in the afternoon.

TRACKWISE

The size of the team is likely to be about 70, but it could be smaller if, for example, the men's sprint relay team fail to satisfy the selectors "that they will compete with reasonable distinction." Based on a team of 70, Britain is entitled to send nine accredited officials and coaches (that number would be reduced pro rata if there were appreciably fewer athletes) and the following have been appointed: team leader, Arthur Gold; men's team manager, Doug Goodman; women's team manager, Marea Hartman; admin officer, Bob Dalglish; coaches, John Le Masurier, Denis Watts, Tom McNab, Wilf Paish, Stan Long.

The first international of the season is the match against the GDR in Split (Yugoslavia) on May 1st/2nd. Selection for this will, conceded Mr Gold, be "very difficult". It will be based "largely on last year's form, indoor form and any known form when the selectors meet in April". Final selection will be made on April 20th and it is planned to send 20-30 members of the team to Split a week in advance of the match so that they can train in warm conditions. The women's match against the Netherlands at Grangemouth has been switched from Sunday, May 9th to Saturday, May 8th (same day as the marathon trial at Rotherham); while the full side travels to Kiev to face the USSR on May 22nd/23rd.

"I would certainly like to see everyone who stands a chance of getting to Montreal competing in Split or Kiev," said Mr Gold. "The matches were arranged for two reasons: the climatic conditions and the strongest possible opposition we can get in Europe to extend fully people under pressure."

Olympic cash flows in

Meanwhile, fund raising schemes continue apace to prepare our prospective Olympic athletes. Three athletes—Ainsley Bennett, Aston Moore and Charles Clover—and six swimmers have received the first cash grants from the Sports Aid Foundation, which was set up last October to raise funds from industry, commerce and the public to assist the training of sportsmen and women. The grants are believed to be between £200 and £300 per athlete. Commenting on the grants, Paul Zetter (acting chairman) said: "We could have aided star competitors like Alan Pascoe, Brendan Foster and Brian Brinkley, but they are already receiving sponsorship and they urged us to help some of the others." Pop star Elton John will give two concerts at Earls Court (May 11th/12th) in aid of the SAF, and it's possible that the Rolling Stones might follow suit.

The British Olympic Association's Appeal is moving closer to its £500,000 target, money flowing in at an average rate of £1000 every day. Cadbury are to contribute £20,000 and another £10,000 has come from Bata Shoes. Proceeds of the Royal Premiere of the film 'Moses', starring Burt Lancaster, at the Dominion, Tottenham Court Road, on March 1st will be donated by Sir Lew Grade to the Olympic Appeal. The BAAB, for its part, is rendering financial assistance to more than 60 athletes, the average subsidy amounting to around £12 per month.

Disaster plan discarded

Latest news from Montreal is that, according to Dr Victor Goldbloom, "there is no need to further envisage a catastrophe plan for the stadium. If we had to remove all equipment from the stadium tomorrow and stop building, we could still accommodate at least 20,000 spectators in the permanent stands that have been erected and in the temporary seats we could install quickly. That is roughly the capacity of our catastrophe plan stadium at Claude Robillard Centre." Fred Holder, IAAF secretary, has agreed that a disaster plan was no longer necessary.

"In order to remove any misunderstandings," an IAAF statement was issued on February 12th. It reads:

"So far as concerns athletics, our events will take place as scheduled in the Olympic Stadium. As the construction work on the Stadium is behind schedule, some modifications have been made to the building plan in order to ensure that the Stadium is ready for use during the Games. These modifications will not adversely affect the conduct of our events. They are as follows:

(1) The completion of a tower, from which will eventually be suspended a retractable cover over the central arena, will be delayed until after the games.

(2) The space under the stands intended for athletes' changing rooms, offices etc, will not be fitted out until after the Games. Instead, to save time, specially designed accommodation units are being prefabricated in a factory and will be moved on to a site immediately adjoining the Stadium, with direct covered access to the Chambre d'Appel (Calling Room) etc. These units will contain lockers, toilets and showers.

(3) The original plan provided for the lowest rows of seats in the stands to be temporary structures, for removal after the Games.

Under the modified plan, the area of temporary seating will be somewhat increased. This will enable work on the construction of the permanent seating to finish earlier, so that the inside of the area can be cleared, the pre-grown turf laid down, and the synthetic track installed, during April/May as planned earlier. The total number of seats will not however be reduced.

There will be no reductions in the technical facilities at our disposal, and it is intended that the Canadian Track and Field Association will stage a meeting in the Stadium on June 25th/27th to try out all the facilities."

* Dave Bedford has returned home after six weeks in New Zealand with a recurrence of his hamstring injury. His coach Bob Parker told Roy Moor of the 'Daily Mail': "He is looking really fit and it is a tragedy the injury has cut into his career like this . . . David is not ruling out his chances of getting into the Olympic team for Montreal. He has been running 100 training miles a week in New Zealand." A setback, too, for Trevor Wright who has severely strained a tendon in his foot and is missing vital weeks of training.

* Two former athletes won gold medals for the GDR in the bobsleigh events at the Innsbruck Winter Olympics: Meinhard Nehmer, an 81.50/267.5" javelin thrower, and Bernhard Germeshausen, a 7534 decathlete. A silver medal was gained by West Germany's Manfred Schumann, an Olympic 110m hurdles semi-finalist. Colin Campbell, who took up the sport as a result of a letter which was published in 'AW' inviting applications from suitable athletes, was promoted to the British No. 1 bob in the four-man event, the crew placing 13th.

* Recent track marriages: hurdler Blondelle Thompson to 400 runner Joe Caines; indoor mile record holder Francie Larrieu to world class sprinter Mark Lutz.

* Commonwealth 800 champion John Kipkurgat (Ken), best time of 1:43.9, has signed a three-year contract with the ITA for a reported £15,000.

* Leading internationals, including David Jenkins and Geoff Capes, will compete in the Avon Invitation Meeting to inaugurate Southampton's Polytrak all-weather track on May 28th.

* Striking examples of the work of Ed Lacey, whose photos have adorned the pages of 'AW' for over 20 years, can be viewed at an exhibition at the Kodak Photographic Gallery, 246 High Holborn, London WC1 (near Holborn tube station) until March 19th: Mondays to Fridays, 9am to 5pm, admission free.

Mel Watman

MORPETH TO NEWCASTLE ROAD RACE (13 5/8 MILES)

January 1st

1, M. McLeod (Elswick)	1:06:55
2, K. Angus (Sheffield)	1:06:56
3, P. Gallagher (Crawley)	1:07:20
4, R. Lunnion (Gos) 1:07:34; 5, J. Alder (Morp)	1:07:41; 6, D. Kelly (Salt) 1:07:45; 7, P. G. Carey
(Liv H) 1:07:50; 8, M. Craven (Ken) 1:07:59; 9,	P. Rawnsley (Sheff) 1:08:19; 10, J. Newsome
(Wake) 1:08:59; 11, P. Flatman (E Hull) 1:09:01;	12, D. Evans (Card) 1:09:19; 13, D. Pratt (Sheff)
1:09:20; 14, M. Bateman (Morp) 1:09:23; 15, R.	Belk (Ken) 1:10:40; 16, R. Milne (Notts) 1:10:52;
17, M. Mountford (Staff) 1:11:04; 18, A. Gibson	(Gos) 1:11:12; 19, A. Bone (S Shields) 1:11:16; 20,
M. Hague (Roth) 1:11:53; 21, A. Catley (NSP)	1:12:04; 22, D. Ford (Holm) 1:12:08; 23, B. Lee
(Notts) 1:12:11; 24, J. Clow (Sund) 1:12:21; 25, J.	Hillen (Salt) 1:12:29; 26, G. Lee (Wig) 1:12:34;
27, W. Padgett (Bing) 1:12:39; 28, J. Keating	(E&S) 1:12:44; 29, D. Dixon (Sund) 1:12:50; 30,
A. Lamb (NSP) 1:12:59; 31, D. Coker (Heat)	1:13:02; 32, S. Beardsell (Holm) 1:13:04; 33, R.
Dunn (Morp) 1:13:05; 34, R. Donkin (Sund)	1:13:11; 35, I. Trapp (EAC) 1:13:28; 36, M. For-
rest (Gos) 1:13:51; 37, T. Rooke (M&C) 1:13:58;	38, T. McCarthy (Salt) 1:14:09; 39, J. Arnold
(E&S) 1:14:10; 40, D. Poste (Gates) 1:14:14.	
Teams: 1, Sheffield 24; 2, Morpeth 52; 3, Gosforth	58; 4, Saltwell 69; 5, Sunderland 87.

METROPOLITAN BOROUGH OF WOLVERHAMPTON

(Leisure and Amenities Committee)

WOLVERHAMPTON AND BILSTON ATHLETIC CLUB

WOLVERHAMPTON WINTER WARM-UP No. 3

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

ALDERSLEY STADIUM, SUNDAY, MARCH 7th, START 10 a.m.

EVENTS—60m, 150m, 300m, 1000m, LJ, HJ, Shot, Dis, Jav—all ages; 2000m JM and SM; T. Jump B, Y, JM and SM.

Entry—15p on day, any number of events.

Enquiries: Gwynne Griffiths, The Organiser, Aldersley Stadium, Aldersley Road, Wolverhampton. Telephone: 0902 751171.

Other Meetings: Monday, March 29th (7 p.m.); Sunday, April 18th (10 a.m.).

SCAAA Open Meeting**At Crystal Palace, February 11th****JUDITH OAKES RAISES TEENAGE RECORDS**

WITH every one of her four valid throws, Judith Oakes bettered her own UK age 17 best with the shot on a windy, cold evening. Beginning with a toss of 14.26, she improved to 14.66, slumped to 14.45 in the third round; fouled the fourth and let loose a fifth round heave of 14.94/49'0 $\frac{1}{2}$ " before fouling again. Just three days shy of her 18th birthday, Judith completely obliterated her 1975 outdoor mark of 13.92 and also wiped Venissa Head's age 18 mark of 14.36 off the books. She set a personal best of 15.13/49'7 $\frac{1}{2}$ " against the GDR at Cosford on January 31st.

Indoors, the low ceiling was no deterrent to Brian Hooper who successfully mastered 5.00/16'4 $\frac{1}{2}$ " on his third attempt. That was his seventh jump of the night, as he had opened at 4.75 and needed three tries at 4.90. The plucky Keith Stock equalled his best with a second time make at 4.75 before coming to grief at 4.90 and Daley Thompson, who is well on the way to becoming the UK's next Peter Gabbett in the decathlon, improved yet again to 3.90/12'9 $\frac{1}{2}$ ". Shaun Lightman surprisingly blasted Carl Lawton off the track in the 5km walk, taking a minute out of the Belgravian, and in the BMC 2000m Martin Wilson narrowly outkicked training partner Neil Leach as they covered the last 800 in under 2:05. It was Wilson's first race since injury crippled him last August. Sixteen-year-old Anne Baldock flowed to a 40.5 win in the 300 and could surprise a few people this year over a full lap.

David Cocksedge

BMC 2km: 1, M. Wilson 5:32.8; 2, N. Leach 5:33.0; 3, S. Durnall 5:44.0; 4, A. Smith 5:49.4; 5, T. Walsh 5:50.0; 6, D. Black (Boy) 5:56.2; 7, S. Fox (Boy) 5:57.6; 8, R. Powell (Boy) 6:13.8; 9, J. Walsh (Boy) 6:17.0; 10, G. Cockerill (Boy) 6:25.0. **300:** 1, A. Salander (Ox. Univ) 35.3; 2, T. Powell (Ox. Univ) 37.2. **1 mile:** 1, S. Trew (Enfield) 4:20.9; 2, A. Dyke (Ox. Univ) 4:22.4; 3, P. Irvine (Ox. Univ) 4:22.9. **10,000:** 1, N. King (Lon. Irish) 30:21.2; 2, S. Barr (Thurr) 30:29.0; 3, M. Coleby (Gateshead) 30:33.2; 4, M. Fuller

(HW) 31:00.6; 5, P. Burton (Liv.) 31:12.4; 6, L. Benjamin (Lon. Irish-J) 31:23.4; 7, C. Fitcher (Ports) 31:27.4; 8, D. Evans (Liv) 31:41.8. **5km Walk:** 1, S. Lightman 21:50.4; 2, C. Lawton 22:51.6; 3, A. James 22:54.6; 4, A. Buchanan 23:03.0; 5, D. Sheppard 23:22.8; 6, C. Young 23:28.6.

PV: (Indoors) 1, B. Hooper (Woking) 5.00/16'4 $\frac{1}{2}$ "; 2, K. Stock (Croy-J) 4.75/15'7"; 3, J. Gutteridge (Windsor) 4.60/15'1"; 4, C. Boreham (Luton) 4.45/14'7 $\frac{1}{2}$ "; 5, D. Kidner (TVH) 4.10/13'5 $\frac{1}{2}$ "; 6, D. Thompson (Ex Bgls-J) 3.90/12'9 $\frac{1}{2}$ "; 7, K. Latham (Enf) 3.70/12'1 $\frac{1}{2}$ ". **SP:** B. Lynn (Met. Pol) 14.13/46'4 $\frac{1}{2}$ ". **DT:** 1, Lynn 48.74/159'11"; 2, K. Eberlein (Mit) 45.66/149'10"; 3, N. Phipps (Enf) 39.40/129'3". **(Juniors) Mile:** K. Thompson (Leics. C) 4:27.5. **TJ:** 1, M. Gascoigne-Pees (Redhill) 13.74/45'1"; 2, V. Bramble 13.44/44'1 $\frac{1}{2}$ ". **(Youths) Mile:** 1, G. Hayden (VPH) 4:42.9; 2, L. Smith (W'stow) 4:45.5. **LJ:** 1, A. Layfield (Epsom) 6.44/21'1 $\frac{1}{2}$ "; 2, M. Effiong (HW) 6.39/20'11 $\frac{1}{2}$ ". **TJ:** Effiong 13.19/43'3 $\frac{1}{2}$ ". **(Women) 300:** 1, A. Baldock (Dartford) 40.5; 2, L. Ledger (Woking) 44.6; 3, A. Channon 45.2. **SP:** 1, J. Oakes (Croydon) 14.94/49'0 $\frac{1}{2}$ " (UK teenage best); 2, J. Jackson (Mit) 11.11/36'5 $\frac{1}{2}$ ". **Intermediate 300:** 1, D. Goode (KAC) 45.0; 2, B. Keep (Ex Bgls) 45.7; 3, S. Flawith (G&G) 46.2.

Lozells H officers: President, W. Ashton; chairman, M. Keen; general secretary, S. Murrin, 118B Blandford Road, Birmingham B32 2LT; treasurer, L. Rooney; men's sec, B. Lake, 42 Heathside Drive, Birmingham B38 9LT; women's sec, Mrs G. Brooke, 107 Chinnbrook Road, Birmingham B13 0LY; coaching sec, C. Phillips, 122 Ashfur-long Crescent, Sutton Coldfield, West Midlands B75 6EW.

London Olympiades AC officers: President, Mrs M. Vivian; treasurer, H. Reynolds; secretary, Mrs E. Nolder, 16 Melrose Close, Greenford, Middx (Tel: 01-578 9920); team manager and CC sec, D. Rowe.

FELTHAM ATHLETIC CLUB

present their

20th EASTER MONDAY ROAD RACES

ON APRIL 19th, 1976

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

All starts at Feltham Arena, Shakespeare Avenue, Feltham, Middlesex

Prize value over £300, to first six in Senior events, first three in others, including first three under 16 in Y.A. race. Prizes for first three teams in Senior events, medals in all others—four per Team, three to score.

Senior Men 5 Miles 3.30 p.m.
Young Athletes 2 $\frac{1}{2}$ Miles 2.30 p.m.
 (14 and under 18 on day of race)

Senior Ladies 2 $\frac{1}{2}$ Miles 3.00 p.m.
Inter. Ladies 2 $\frac{1}{2}$ Miles 1.55 p.m.
Junior Ladies 1 $\frac{1}{2}$ Miles 1.30 p.m.
Girls 1 $\frac{1}{2}$ Miles 4.20 p.m.

Entries: 25p per person to David Billington, 10 Richmond Avenue, Bedford, Middx. (Tel: 01-890 0995).
CLOSING DATE: MARCH 29th, 1976

PLEASE SEND S.A.E.

UK BOYS' 'TOP 10' FOR 1975

Compiled by David Phillips (NUTS)

Note: For the 1975 season, Boys were those born on or after 1.1.1960. Additions and/or amendments plus dates of birth would be wel-

comed by David Phillips at Flat 5, Ellesmere, 89 Woodbourne Road, Douglas, Isle of Man.

100 METRES

10.8	Michael McFarlane
11.2	Austin Drysdale
11.3	K. Hooks
11.4	S. White
11.4	D. Butler
11.4	E. Dennis
11.4	W. Yates
11.4	D. Clarke
11.5	Pat Stapleton
11.5	R. Nix
11.5	T. Annze
11.5	K. Turner
11.5	E. Forbes

4:16.0	I. Adams
4:16.6	S. Moule
4:19.1	J. Williamson

5.90/19'41"	D. Gethin
5.89/19'4"	Senior
5.88/19'31"	P. Goacher

3000 METRES

8:41.6	Eamonn Martin
8:54.0	David Kenyon
8:54.4	Colin White
9:13.4	Paul Rolland
9:20.6	C. Clarkson
9:23.2	C. Barley
9:26.8	P. Lightowler
9:28.2	P. Hudd
9:29.6	A. Rogerson
9:34.2	S. Johnson

TRIPLE JUMP

14.13/46'41"	Donovan Perkins
13.58/44'61"	Mark Lebreton
12.98/42'7"	C. Porteous
12.82/42'01"	B. Ritchie
12.75/41'10"	R. Garlick
12.64/41'51"	O. Sussex
12.52/41'1"	N. Amos
12.50/41'01"	L. Crossfield
12.48/40'111"	N. Towers
12.36/40'61"	R. Sourbutts

200 METRES

22.1	Michael McFarlane
23.0	Pat Stapleton
23.2	A. Butler
23.3	D. Clarke
23.4	K. Hooks
23.5	W. Yates
23.6	S. White
23.6	P. Little
23.7w	G. Campbell
23.9	R. Key
23.9w	F. Andrew

80 METRES HURDLES

11.0	Austin Drysdale
11.5	P. Adams
11.6	N. Green
11.6	G. Hill
11.6w	M. Helferty
11.7	S. Matthews
11.8	H. Bridgeman
11.8	M. Bentley
11.9	G. Rowe
11.9	J. Hempstock
11.9	M. McClure
11.9	Bee
11.9	Daubney

15.43/50'71"	W. Walker
15.03/49'31"	D. Craig
14.49/47'61"	G. Rogers
14.48/47'61"	Paul Birstonas (Y)
14.41/47'31"	G. Fulcher
14.04/46'01"	Newton
13.84/45'5"	J. Borszoz
13.78/45'21"	B. Milburn
13.73/45'01"	D. Beaumont
13.66/44'91"	C. Proud
(Y)	Youth implement

400 METRES

53.0	A. McBann
53.3	P. Goacher
53.3	A. Wheelhouse
53.4i	W. Yates (53.5)
53.5	A. Bird
53.5	A. Anderson
53.6	K. Rodden
53.6	D. Batchelor
53.8	R. Willcox
53.8	O. Sussex
53.8	S. McLaren
53.8	Adrian Martin

HIGH JUMP

1.88/6'2"	Ross Hepburn
1.85/6'01"	Bernard McGillion
1.85/6'01"	Floyd Redley
1.83/6'0"	Stuart Cameron
1.83/6'0"	K. Frewen
1.82/5'111"	Vincent Clemmens
1.75/5'81"	H. Ratton
1.73/5'8"	S. Smallwood
1.72/5'71"	P. Byford
1.70/5'7"	K. Shakes
1.70/5'7"	T. Chopping

DISCUS

44.44/145'9"	Paul Hutchins (Y)
41.72/136'10"	J. Buttriss
38.62/126'8"	J. Skinner
38.24/125'5"	D. McGan
38.14/125'1"	N. Walker
38.12/125'1"	P. Bowkett
37.58/123'3"	S. Simons
36.80/120'9"	A. Garforth
36.56/119'11"	P. Smith
36.36/119'3"	Brinkworth
36.28/119'0"	Hewitt

800 METRES

1:56.8	David Kenyon
1:58.4	Adrian Martin
1:58.8	Roy Wood
2:00.9	A. Lawrence
2:01.5	Paul Rolland
2:02.0	I. Stewart
2:02.1	D. Galvin
2:02.1	S. Glover
2:02.2	J. Spooner
2:02.4	P. Shulman
2:02.5	J. Merryfield
2:02.5	C. Moulton

POLE VAULT

3.60/11'91"	Andrew Jackson
3.56/11'8"	Neil Barnes
3.50/11'51"	Jamie Scott
3.20/10'6"	Robert Fenton
3.17/10'41"	L. Hamilton
3.15/10'4"	Mark Shippen
3.10/10'2"	P. Landers
3.05/10'0"	D. Hart
3.05/10'0"	Aytar Den
3.01/9'101"	D. Brown

HAMMER

50.94/167'1"	K. McNab (Y)
50.24/164'10"	D. Huggall
49.54/162'6"	Martin Girvan (Y)
47.44/155'8"	Terry Chapman (Y)
42.46/139'4"	S. Ward
42.26/138'8"	Martin Roberts (Y)
42.12/138'2"	R. Simpson
40.60/133'2"	H. Mitchell
39.66/130'1"	N. Skinner
39.64/130'1"	P. Green

JAVELIN

50.20/164'8"	Ian Briden
50.18/164'7"	J. Teare
50.10/164'4"	Nigel Burstow
49.50/162'5"	N. Thomas
49.30/161'9"	M. Teal
49.22/161'6"	M. Wells
48.42/158'10"	R. Spooner
48.28/158'5"	A. Williams
47.96/157'4"	G. Brewer
47.42/155'7"	M. Chapman

1500 METRES

4:00.8	Roy Wood
4:10.5	K. Roberts
4:12.1	Paul Rolland
4:12.3	C. Moulton
4:12.8	Steven Purser
4:13.9	S. Jones
4:15.4	A. Lawrence

LONG JUMP

6.51/21'41"	Nat Augustine
6.39/20'111"	Peter Bays
6.13/20'111"	R. Burton
6.07/19'11"	K. Ackal
5.99/19'8"	L. Lambert
5.93/19'51"	P. Little
5.91/19'41"	G. Imbimbo

OVERSEAS NEWS AND RESULTS

AUSTRALIA

10.12. Sydney. TJ: McGrath 16.23/53'3", Ian Campbell 16.14/52'11½" (jnr rec). **16/17.12. Melbourne.** 1500: 2, Larkins 3:42.7; women's 60m: (fuller result) Robertson 7.2 (eq world rec), Boyle 7.2, Dell 7.3. **7.1. Sydney.** 200: Fitzgerald 20.6w; LJ: C. Commons 7.98/26'2¼" w. **10.1. Melbourne.** Women's 400: Robertson 53.8, Rendina 53.9. **10.1. Perth.** TJ: May 16.28/53'5" w. **14.1. Adelaide.** LJ: C. Commons 7.92/26'0". **14.1. Sydney.** Women's 100: Debbie Wells 11.3 (world age 14 best), Sames 11.4. **15.1. Melbourne.** 10,000: Little 28:36.6; women's 400: Robertson 52.4, Canty 52.6, Rendina 53.0, Wangman 53.0; 1500: Pollock 4:21.9. **17.1. Adelaide.** Women's HJ: Debra Leane (14) 1.75/5'8¼". **17.1. Melbourne.** 1500: Crouch 3:39.8 (2.56 at 1200); women's 800: Rendina 2:05.2; 100H: Dell 13.2. **17.1. Sydney.** 400H: Cox 51.0; TJ: Campbell 16.27/53'4½" w; women's 100: (+3.5m) Wells 11.1 (!). **18.1. Sydney.** 100: Haskell 10.4; 400: Mitchell 46.2; 110H: Binnington 13.8, Parr 13.8; HJ: Windeyer 2.16/7'1", Larry Sayers (18) 2.13/6'11½" (jnr rec). **18.1. Melbourne.** 100/200: Paul Narracott (16) 10.4w/21.2w; 400H: 2, STEVE BLACK 53.1; women's 100: (+5.1m) Boyle 11.0, Robertson 11.0, Dell 11.3; 200: (+2.05m) Robertson 23.0, Boyle 23.0, Canty 23.6; 800: Rendina 2:04.3, Pollock (35) 2:04.6; 100H: (+5.0m) Dell 13.1.

24.1. Melbourne. 800: ALAN GIBSON 1:49.0; LJ: C. Commons 7.93/26'0¼". **25.1. Melbourne.** 400: Mitchell 46.5; 5000: Fitzsimons 13:51.4; women's 400: Canty 52.7, Rendina 52.9; LJ: Hooker (née Nixon) 6.29/20'7¼" w. **26.1. Melbourne.** LJ: Chris Commons 7.90/25'11" w, David Commons 7.62/25'0" w; TJ: Don Commons 16.28/53'5"; Dec: Hadfield 7133 . . . 5, Albert Latu (Tonga) 6611; women's 800: Rendina 2:03.3, Pollock 2:04.3. **26.1. Brisbane.** 200: Fitzgerald 20.7; HJ: Windeyer 2.18/7'1¼", Sayers 2.15/7'0¼" (jnr rec); women's 100: Robertson 11.4, Boyle 11.5; 200: Robertson 22.9, Boyle 23.2; 400: Nail 53.4, Boyle 54.1; 4 x 200: Australia (Barbara Wilson, Susan Jowett, Raelene Boyle, Denise Robertson) 1:32.6 (world rec). **28.1. Sydney.** Women's 800: Boyle 23.4. **31.1. Melbourne.** Women's 800: Rendina 2:04.4.

1.2. Melbourne. (during Australia v W. Indies test match) 800: Barwick 1:48.2, Higham 1:48.2, GIBSON 1:50.4, 3000: Crouch 8:04.4, Fitzsimons 8:04.6; women's 100: Boyle 11.5, Robertson 11.5. **3.2. Melbourne.** 400: Mitchell 46.0, McQueen 46.8; 1500: Fitzsimons 3:42.5 . . . 4, Paul O'Hare (ex-ND) 3:46.2; 3000SC: Larkins 8:32.0; 110H: (+1.5m) Binnington 13.6 (rec), Parr 13.8, Plant 13.9, Baird 14.0 . . . 7, STEWART McCALLUM 14.7; PV: Boyd 5.21/17'1". **4.2. Melbourne.** 200: Fitzgerald 20.7w; 800: McCurry 1:48.5 . . . 4, GIBSON 1:50.0; 5000: Crouch 13:32.4, Bermingham 13:35.8, Fitzsimons 13:37.8, Wardlaw 13:45.0 . . . 6, Chettle 14:02.0; 400H: Grant 50.8, Bin-



CHARLENE RENDINA

Australian Information Service

nington 50.9, Elphick 51.2 . . . 5, Field 52.3; TJ: Campbell 16.11/52'10¼". **4.2. Perth.** Women's 400: Nail 53.3. **7.2. Melbourne.** 200: Lewis 20.9; women's 400: Canty 52.5, Rendina 52.6; 100H: Dell 13.3. **7.2. Perth.** Women's 200: Boyle 23.1; 400: Nail 53.4, Boyle 53.6. **7.2. Brisbane.** Women's 200: Robertson 23.1, Jowett & Wilson 23.6. **8.2. Melbourne.** Women's 400/800/1500: Pollock 55.0/2:05.8/4:42.7; 800: Rendina 2:04.1; Pent: Hooker 4195.

EUROPEAN INDOOR RESULTS

17.1. Moscow (USSR). 10,000 Walk: Yakovlyev 41:50.6. **18.1. Moscow.** Women's SP: Krachevskaya 19.46/63'10¼". **20.1. Moscow.** Women's 3000: Bragina 9:15.4, Romanova 9:15.4. **21.1. Donyetsk (USSR).** SP: Yarosh 20.10/65'11½". **24.1. Moscow.** TJ: Sanyeyev 16.69/54'9¼", Shevchenko 16.66/54'8". **25.1. Warsaw (Pol).** PV: Kozakiewicz 5.48/17'11¼" (Eur best); 60mH: Jankowski 7.75; women's 50mH: Rabsztyn 6.7; 3000: Ludwickska 9:15.4. **26.1. Moscow.** 60mH: Myasnikov 7.5 (eq Eur best); women's 60mH: Kononova 7.9 (eq world best). **1.2. Warsaw.** PV: Kozakiewicz 5.40/17'8¼"; women's SP: Chewinska 18.65/61'2¼". **1/2.2. Moscow.** (USSR Champs) 60m: Borzov 6.5, Aksinin 6.6, Kornelyuk 6.6; 600m: Litovchenko 1:19.4; 5000: Zotov 13:49.8, Parluy 13:50.0, Mer-

kushin 13:50.6; 60mH: Myasnikov 7.5 (eq Eur best); HJ: Senyukov 2.21/7'3"; PV: Prokhorenko 5.35/17'6"; Issakov 5.30/17'4"; Tananika 5.25/17'2"; TJ: Sanyeyev 17.16/56'3" (world best), Shevchenko 16.39/53'9"; SP: Yarosh 20.00/65'7"; Baryshnikov 19.89/65'3"; women's 60m: Storochkova 7.1 (eq world best), Anisimova 7.1, Koppetsch (GDR) 7.2; 300m: Syuskova 38.6; 600m: Muchta 1:30.0; 60mH: Kononova 8.0, Berend (GDR) 8.0, Lebedyeva 8.1; HJ: Bradacova (Cze) 1.84/6'0"; LJ: Alfeyeva 6.47/21'2"; Szabo (Hun) 6.45/21'2"; SP: Krachevskaya 19.69/64'7".

6/7.2. Dortmund. (WG Champs) 60m: Weisen-see 6.75; 400: Herrmann 48.48 . . . Hofmeister 47.87 ht; 800: Wellmann 1:47.2, J. Schmid 1:48.6, Langenbach 1:49.8; 1500: Wessinghage 3:43.0, Helm 3:43.3; 3000: Weigt 7:52.0, Orthmann 7:53.0, Sensburg 7:53.4, Jungbluth 7:56.4; 60mH: Kratschmer 7.98; PV: Lohre 5.20/17'0"; Mohr 5.20; LJ: Kowring 7.75/25'5"; Busse 7.72/25'4" . . . 6, Axel Salander 7.38/24'2"; TJ: Kolmsee 16.51/52'2"; women's 60m: Possekel 7.33 . . . JUDITH WILCOCK 7.84 ht; 200: Helten 23.77, Possekel 23.95; 400: Wilden 52.28, Fuhrmann-Jost 53.46; 800: Kraus 2:03.4, Klein 2:03.8; 60mH: Schaluck 8.22; HJ: Meyfarth 1.89/6'2"; Holzapfel 1.86/6'1"; Wilken (16) 1.86. **7/8.2. Warsaw.** (Polish Champs) 400: Madry 47.9; 1500: Janczuk 3:45.4, GLEN GRANT 3:45.4; 3000: Zacharopoulos (Gre) 8:00.8; 60mH: Pusty 7.91; PV: Slusarski 5.56/18'2" (world best), Kozakiewicz 5.40/17'8"; Murawski 5.40; LJ: Cybulski 7.90/25'11"; TJ: Sontag 16.31/53'6"; women's 60m: Szwinska 7.30; 800: Katolik 2:05.4; 60mH: Rabsztyan 7.99.

7/8.2. Orleans. (French Champs) 800: Gonzalez 1:50.3; 60mH: Corval 7.91; TJ: Valetudie 16.19/53'1"; Lamitie 16.11/52'10"; women's 60m: Telliez 7.34. **7/8.2. Turku.** (Finnish Champs) 60m: Perttula 6.6; 400: Sjoberg (Swe) 48.0, Karttunen 48.5; 60mH: Bryggare (17) 7.7; LJ: Jarfelt (Swe) 7.79/25'6"; TJ: Kuukasjarvi 16.22/53'2"; SP: Stahlberg 18.77/61'7"; women's 60m: Linda Haglund (Swe) 7.0 (world best), Pursiainen 7.1; 400: Salin 52.9; 60mH: Lempiainen 8.3; HJ: Sundqvist 1.85/6'0"; **10/11.2. Milan.** (Italian Champs) 60m: Mennea 6.71, Outlin (US) 6.72; 800: Francis (US) 1:50.0; 1500: BARRY SMITH 3:43.2, Diamante 3:49.7; 3000: Cerrada (Spa) 7:57.8; 60mH: Davenport (US) 7.89, Buttar 7.94; HJ: Morillas (Spa) 2.21/7'3"; PV: Murawski (Pol) 5.20/17'0"; Dionisi 5.00/16'4" (5.20 at Bra on 28.12); TJ: Valetudie (Fra) 16.69/54'9"; Kuukasjarvi (Fin) 16.07/52'8"; women's 60m: Pursiainen (Fin) 7.47; 60mH: Ongar 8.46, Antenen (Swi) 8.47; HJ: Sundqvist (Fin) 1.87/6'1"; Simeoni 1.83/6'0"; Blagoeva (Bul) 1.83. **15.2. Bucharest (Rum).** 60m: Suselescu 6.4 (eq world best); women's 60m: Rot (Isr) 7.1. **15.2. Munich (WG).** 60m: Kornelyuk (USSR) 6.5; 60mH: Myasnikov (USSR) 7.4 (Eur best); PV: Kishkun (USSR) 5.20/17'0"; TJ: Sanyeyev (USSR) 16.54/54'3"; women's 60mH: Kononova (USSR) 7.9 (eq world best); SP: Wilms 19.70/64'7". **15.2. Sofia (Bul).** Women's SP: Khristova 20.78/68'2".

USA INDOOR RESULTS

6.2. Inglewood (Los Angeles). 60y: Quarrie (Jam) 6.1, Garpenborg (Swe) 6.1; 500y: Newhouse 56.9; 600y: Tuitt (Tri) 1:10.1, Bolding 1:10.6, Mann 1:10.9; 1000y: O'Shaughnessy (RoI) 2:10.4; Mile: Dixon (NZ) 4:00.2, Cummings 4:00.9, Malan (SA) 4:05.9; 2M: Bonzet (SA) 8:35.2, Tuttle 8:36.0; 60yH: Drut (Fra) 7.0, Jackson 7.0; HJ: Woods 2.23/7'4", Stones 2.23; PV: Ripley 5.54/18'2" (world best), Rogers 5.33/17'6", Simpson (Can) 5.33, Takanezawa (Jap) 5.18/17'0", Tracanelli (Fra) 5.18; SP: Wilkins 20.84/68'4", Feuerbach 20.71/67'11", GEOFF CAPES 20.69/67'10", Shmock 20.42/67'0", Hoglund (Swe) 20.40/66'11"; women's 1500m: Lutz-Larrieu 4:16.5, Wright (Can) 4:17.7; HJ: Guyonnet (Fra/Tahiti) 1.80/5'11", Sone (Jap) 1.80; Mile walk: S. Brodock 7:11.9 (world best). **7.2 Louisville.** 70y: Glance 6.8, Merrick 6.8; 500y: Vinson 55.7, Sowerby (Ant) 55.8; 600y: Newhouse 1:09.0, Tuitt (Tri) 1:09.3; Mile: Wohlhuter 4:03.8; 5000m: NICK ROSE 13:52.4, Brown 14:05.0, Herold 14:06.0; 70yH: Foster 8.2; PV: Roberts 5.36/17'7", Carter 5.36, Cotton 5.20/17'1"; TJ: Haynes 16.56/54'4", Craft 16.42/53'10", Grimes 16.13/52'11"; SP: Shmock 20.68/67'10", CAPES 20.50/67'3", Stuart 20.19/66'3", Feuerbach 19.33/63'5"; women's LJ: McMillan 6.39/20'11". **7.2. Pocatello.** 100m: Wiley 10.4 (US best); 440y: Benson 47.8; 3M: Castaneda 13:25.0, Hart 13:28.0; HJ: Woods 2.18/7'2"; PV: Ripley 5.41/17'9", Pullard 5.33/17'6".

14.2. Oklahoma City. 60y: Garrison (5.9 sf) & Preston 6.0; 440y: Bolding 47.8; HJ: Kotinek 2.21/7'3"; SP: Feuerbach 20.41/66'11". **14.2. Montgomery.** 60y: McTear 5.9, Outlin 6.0; LJ: Myricks 8.09/26'6". **14.2. Cleveland.** 60y: Wilder 5.9, R. Jones 6.0, Crockett 6.1; 440y: Newhouse 47.9; 60yH: Hill 7.0, Smith (Bah) 7.0, Drut (Fra) 7.1; Davenport 7.2; HJ: White 2.13/7'0", Ferragne (Can) 2.13, Poaniewa (Fra) 2.13, Woods 2.13; PV: Ripley 5.48/18'0", Kozakiewicz (Pol) 5.48; Carter 5.33/17'6", Roberts 5.33, Tracanelli (Fra) 5.18/17'0".

CANADIAN INDOOR RESULTS

17.1. Toronto. Women's HJ: Maggie Woods (15; 1.58/5'2" tall) 1.72/5'7". **24.1. Toronto.** Women's HJ: Julie White (15) 1.82/5'11". **31.1. Toronto.** 3M: Sharp 13:17.0, Drayton 13:22.0. **13.2. Toronto.** 50y: Crawford (Tri) 5.1, Merrick (US) 5.2, S. Williams (US) 5.3, Riddick (US) 5.4; Mile: Coghlan (RoI) 3:59.3, Dixon (NZ) 3:59.4, . . . 5, Wessinghage (WG) 4:01.6; 3M: Ngeno (Ken) 13:19.4, Lindsay 13:21.4 . . . 6, Yifter (Eth) 13:32.0; 50yH: Smith (Bah) 6.0, Hill (US) 6.0, Drut (Fra) 6.0 (eq Eur best), Davenport (US) 6.1, Shipp (US) 6.1; HJ: Stones (US) 2.21/7'3", Ferragne 2.21, Moreau (Bel) 2.18/7'2", Woods (US) 2.08/6'10"; PV: Kozakiewicz (Pol) 5.57/18'3" (world best), Ripley (US) 5.50/18'0", Simpson 5.38/17'8", Rogers (US) 5.38, Roberts (US) 5.38, Baird (Aus) 5.38, Bellot (Fra) 5.18/17'0". **14.2. Winnipeg.** 3000: RON MARTIN 8:02.0; SP: GEOFF CAPES 20.98/68'10" (eq Eur best).

Who's Who In British Athletics

PETER BROWNE

Born at Cricklewood (London), 3.2.1949; Height: 1.76/5'9½"; Weight: 63kg/140lb; Pulse rate at rest: 42. Club: Thames Valley Harriers. Occupation: Accountant. Married (wife's name, Jean) with daughter (Sarah). Lives in Bushey, Herts. Hobbies and interests outside of athletics: "Listening to music, some gardening and D.I.Y., reading and sports generally". Coach: Charles Elliott (since 1967).

"Always interested in sports generally and athletics particularly as a spectator. Started running seriously in January 1967". Began at high jump and 200m in 1965/66 and 400m in 1966/67. Joined Queens Park Harriers in 1965. Never competed in English Schools Championships. "I remember being very impressed with Chris Carter and John Boulter during my early days, even though I was running 400's at the time". Athletes he respects today are those "who produce consistently good performances and win when it matters". Realised he could make international level "soon after starting regular training in January 1967 with Charles Elliott—probably March/April that year. Achieved this ambition that year with a vest in the first Junior International v France". Favourite events now are 800m and 4 x 400m relay.

Personal bests: 100m—11.3 (1967), 200m—22.1 (1967), 400m—48.0 (1968) and 47.1 relay leg (1975), 600m—76.4 (1970), 800m—1:46.2 (1973), 1000m—2:20.7 (1973), 1500m—3:46.6 (1974), 400mH—55.1 (1972). UK senior international since 1969; AAA 800 champion 1971; 5th 1971 European 800; 5th 1972 European Indoor 800.

Annual progression at 800m (*880y time less 0.7):

1965	2:10.5*	1971	1:47.0
1966	2:06.3*	1972	1:47.7
1967	1:55.5*	1973	1:46.2
1968	1:51.7	1974	1:47.8
1969	1:48.1	1975	1:46.4
1970	1:48.1		

Most pleasing performance: "AAA win in 1971 and European final in 1971 particularly". Greatest disappointments: "Having a bad season in 1972 and not running as well as I knew I was capable in Christchurch in 1974 owing to acclimatisation difficulties—I only really acclimatised towards the fourth week". Major target for 1976 is "to compete and do well in Olympics". All-time goals are "to continue competing for my country, achieving a consistently high standard of performance in 800m and to revise my personal bests in other events". Intends competing "as long as the results are merited by the input (sacrifice of time and effort in training and racing). Will stay in athletics after retirement; "I would like to coach and possibly become involved in administration, initially at club level".

What he most likes about athletics is that "basically you get out only what you put in (provided you are training sensibly) and so your performances are dependent upon the work put in. Success is up to yourself. I enjoy travelling and the satisfaction of good performances, meeting and making friends with athletes from this and other countries". Dislikes "training when it's cold and wet; over-officious officials". Wife represented Sussex over 200m before having baby



Pete Browne (No 3) in the lead from Niall O'Shaughnessy (No 31) and winner Steve Ovett (No 1) at the bell in the 1975 AAA 800m. Browne finished second in 1:46.4.

Fionnbar Callanan



EVERYONE'S RUNNING TO SEE THE STREAKER

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Run by Runners for Runners

(and is in the process of a comeback), grandfather was an outstanding high hurdler in Ireland".

Advice to youngster taking up athletics: "Don't specialise too early, you may pick the wrong event. Always try to enjoy athletics—it is a sport. Join a good club and get a good coach (easier said than done) and work hard".

Comment: "I feel that the Olympics have become too big and the number of sports should be limited, i.e. exclude such sports as soccer, yachting, water-polo, basketball, clay pigeon shooting, etc. On administration I feel that this responsibility should not have to rest upon the shoulders of willing volunteers; it is important enough to merit full time paid personnel from the top down. The money to provide this should, in my opinion, be provided by the Government. I feel that for major Games the largest number of competitors should be allowed to compete (obviously subject to qualifying time and finance—more again should be supplied by the Government). This would be more easily done if the number of sports were limited".

Training

Trains 12 sessions per week in winter and 10-12 sessions per week in summer. Trains for 20-40 minutes at mid-day on road in Central London/St James Park, and for 1 to 1½ hours at 6pm. Three sessions per week at West London or Crystal Palace, the remainder on road. Has to travel 26 miles (approx 1½ hours travel across London) for first class facilities at Crystal Palace, which he does "twice a week to train under Charles Elliott with our group". Initially coaching was "very important in every respect. He (Charles Elliott) taught me to train and race. Now he keeps me on the rails and has become more of a partner and less of a teacher". Sees coach twice a week. Training which he most enjoys is "running fast on the track, i.e. quality sessions; also enjoyable is the occasional long easy run when the terrain is pleasant and the weather warm. I dislike training in the wet and some of the long track sessions in winter".

Training cycle: "October-December, building up of volume; January-March, reduction of volume, increase in quality; April-June, sharpening work, maintaining some volume; July-September, specific race training".

Typical week's training in winter: Sunday—(noon) track session, short recovery 200m and 100m repetitions; **Monday—**(noon) 6½ miles Fartlek; (pm) 5 miles road; **Tuesday—**(noon) 3½ miles road; (pm) track session, 600m and 300m repetition with 2 min recovery (approx); **Wednesday—**(noon) 6½ miles Fartlek; (pm) 5 miles road; **Thursday—**(noon) 3½ miles road; (pm) track session, 300m and 150m repetitions with 1 min recovery (approx); **Friday—**(noon) 6½ miles Fartlek; (pm) 5 miles road; **Saturday—**hill session.

Typical week's training in summer: Sunday—(noon) 2 x 600m fast; **Monday—**(noon) 3-5 miles road; (pm) 3-5 miles Fartlek on country; **Tuesday—**(noon) 3½ miles road; (pm) 8 x 200m (24.0 sec+) with 90 sec recovery; **Wednesday—**

(noon) 3-5 miles road; (pm) 3-5 miles Fartlek on country or easy run; **Thursday**—(noon) 3½ miles road; (pm) 3 or 4 x 300m (34-36 sec); **Friday**—(noon) 5 miles road; **Saturday**—Race.

Present training is "basically the same" as last year—"just more intense". No real change in the system planned for the future. Likes one or two days of easy running before a major competition. Likes to compete "not more than once a week, not less than once a month".

ASTON MOORE

Full name: Aston Llewellyn Moore. Born in Jamaica, 8.2.1956; Height: 1.80/5'11"; Weight: 79kg/175lb. Club: Birchfield Harriers. Occupation: Sheet metal worker. Single. Lives in Handsworth, Birmingham. Coach: Kevin Reeve (since 1973).

Became interested in athletics "as a school-boy, but I wasn't particularly good". Started at 100m and long jump. Joined Birchfield in 1973. Competed in the English Schools Championships once, in 1971—"but it was disastrous; after jumping 14.07 the week before I could only produce 12.99 in the Championships". The athlete he particularly admires is "Viktor Sanyeyev, because to my mind there has never been a better triple jumper and of course for his competitive ability". Favourite events now are triple jump, long jump and 100m.

Personal bests: 100m—11.1 (1975), LJ—7.49/24'7" w and 7.42/24'4" (1975), TJ—16.31/53'6½" w and 16.24/53'3½" (1975). European Junior TJ champion 1975; UK senior interna-



Aston Moore, winner against the GDR at Cosford.
Ed Lacey

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WOMEN'S ROAD RELAYS

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

SUNDAY, 21st MARCH, at 1.30 p.m.

At Crawley Sports Centre, Haslett Avenue

Minors 3 x 2800 metres

Juniors 3 x 2800 metres

Inters 3 x 2800 metres

Seniors 3 x 2800 metres

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HAVERING ATHLETIC CLUB

6th Annual

WOMEN'S ROAD RELAYS

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

At Sanders Draper School, Suttons Lane, Hornchurch, Essex

SATURDAY, MARCH 20th, First Race

2 p.m.

Girls 3 x 2400 metres Relay

Juniors 3 x 2400 metres Relay

Inters 3 x 2400 metres Relay

Seniors 4000 metres Road Race

(Ind & Team, 3 to score).

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

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

tional since 1975. Annual progression at LJ and TJ:

1971	6.10/20'04"	14.07/46'2"
1972	—	—
1973	6.60/21'8"	14.71/48'34"w
1974	6.96/22'10"w	15.65/51'41"
1975	7.49/24'7"w	16.31/53'64"w

His most pleasing performance was winning the European Junior Championship. Biggest disappointment was "doing big no jumps at the start of the season, then getting injured and not being able to repeat that sort of form—which all adds up to me not reaching the Olympic standard of 16.40". Major target for 1976 is "to go to the Olympics and to do 17m". All-time goal is "to win an Olympic medal, preferably gold, and to get as far over 18m as I can". Intends competing "until I am too old". After retirement: "I haven't made up my mind what I intend to do, but I expect I will put back some of what I got out of athletics by coaching". What he most likes about athletics is "the excitement, the satisfaction and the glory of winning". Dislikes "losing and competing in bad weather".

Advice to a youngster taking up athletics: "Train hard and, if you have the ability, with the right coaching you will succeed. But don't worry if you don't make it—enjoy yourself".

Comment: "I would like to see coaching facilities improved in this country. Also I am appalled by the use of drugs. If you can't succeed with natural talent and the things that make a good athlete then you weren't made to succeed and should not have to turn to artificial stimulants".

Training

Trains four or five times a week in winter and three times a week in summer. "I normally train in the evenings from 6pm for 1½ to 2 hours". Usually trains at Birchfield Harriers—"We are just awaiting the new Tartan track to be completed, but I prefer to train on cinder. You seem to have to try harder to get results". Nearest Tartan track is 5 miles away—"but I only use it about six times a year". Rates coaching as very important "because without it I wouldn't be where I am today". Sees his coach every session. Training he most enjoys is the jumping and sprinting sessions. Dislikes "any running over 150m".

Training cycle: "My year is split up into two different cycles. A build-up of hard training in the winter for about three months, then a month before the competition I do speed work, etc to get competition fit. A similar cycle is repeated in the summer, but for a shorter period, ie instead of three months, three weeks, etc".

Typical week's training in winter: Sunday—3 miles Fartlek; Monday—Rest; Tuesday—12 x 200m with 50m jog recovery; Wednesday—Weights; Thursday—Bounding/jumping over 150m in two sets consisting of left leg hop, right leg hop, bounding, skipping, plus 2 x 50m bunny jumps and 2 groups of 6 x 40m turn-arounds; Friday—Rest; Saturday—Weights.

Typical week's training in summer: Sunday—Two sets of 4 x 150m flat out; Monday—Rest; Tuesday—Jumping off short approach (long and triple jumping off both legs); Wednesday—Rest; Thursday—Run-up work and sprints over 30/40m; Friday—Rest; Saturday—Competition or jumping session.

"Not much difference" in present training from that done last year, "but the training is a lot harder". No major changes planned for the future. Likes one day's rest before a major competition. Likes to compete once a week "for normal club matches, but at the most once every two weeks for major competition."

TONY SIMMONS

Full name: Anthony Derrick Simmons. Born at Maesteg (Glamorgan), 6.10.1948; Height: 1.70/5'7"; Weight: 56kg/124lb; Pulse rate at rest: 50. Club: Luton United AC. Occupation: Paint Technician. Married (wife's name, Marion) with two children (Nicola, aged 2, and Gail, aged 6 months). Lives in Luton. Coach: Harry Wilson.

Became interested in athletics at school after winning the Luton Schools 880y and mile at 13 years of age and a year later won the English Schools Cross-Country Championship—"then running took its course from there". Joined Luton Hare and Hounds in 1963. Competed in the English Schools Cross-Country Championships twice, finishing 91st and 1st, and competed twice in the English Schools Track and Field Championships: 4th in the mile in 1963 in 4:29.8 which was then a world best for a 14-year-old. Inspired in early days by "seeing Mel Batty winning the National Cross-Country at Parliament Hill and hoping one day I could win it in the same style". Athletes he admires today are "all who train for seven days a week, week in, week out". Realised he could make international level when he ran for Wales at the age of 15—"three years after taking up the sport". Favourite event now is cross-country.

Personal bests: 800m—1:52.0 (1972), 1500m—3:47.0 (1967), mile—4:03.1 (1967) (4:02 time trial in 1974), 2000m—5:05.4 (1975), 3000m—7:56.8 (1973), 5000m—13:28.8 (1974), 10,000m—27:53.6 (1975), marathon—2:23:56 (1972), 3000mSC—8:53.6 (1972). UK international since 1972. 7th 1974 Commonwealth 10,000; 2nd 1974 European 10,000; 1975 English CC champion. Annual progression at 5000m (* 3M time plus 28 sec) and 10,000m (* 6M time plus 60 sec):

1965	—	31:18.4*	1971	14:20.0	—
1966	14:57.2*	31:14.0*	1972	13:40.2	28:34.6
1967	14:15.8*	30:11.8*	1973	13:38.2	28:01.6
1968	14:35.2*	—	1974	13:28.8	28:19.4
1969	14:03.2	29:20.6	1975	13:39.0	27:53.6
1970	14:18.0	29:28.0			

Most pleasing performances: "European silver medal (10,000m) and English Cross-Country at Luton gave me great satisfaction". Greatest disappointment was "not being selected for the Welsh 10,000m place in the 1970 Commonwealth Games". Target for 1976 is "to run faster



That unforgettable finish to the 1974 European 10,000m championship as Manfred Kuschmann (GDR) narrowly holds off Tony Simmons.

Ed Lacey

than in 1975". Intends competing until "after winning the National Veterans Championships". Father was a Welsh flyweight boxing champion.

Training

Trains twice daily during the week and once a day at the weekend: for 25 to 40 minutes at lunch-time and for 30 minutes to 1½ hours in the evening. Trains from work and at the Vauxhall Recreation Club. Feels that coaching has been greatly important. Sees coach twice a week. Dislikes "training on my own and long runs".

Typical week's training in winter: Sunday—10 to 15 miles; Monday—(am) 5 miles; (pm) 6 miles fast; Tuesday—(am) 5 miles; (pm) 8 x

1000m; Wednesday—(am) 5 miles; (pm) 8-10 miles; Thursday—(am) 5 miles; (pm) interval work (eg 6 x 1 mile); Friday—(am) 5 miles; (pm) 5 miles; Saturday—Race or 10 miles. **Comment:** During week may miss one session. Lunch time runs very easy.

Typical week's training in summer: Sunday—10 miles; Monday—(am) 5 miles; (pm) 5 miles; Tuesday—(am) 5 miles; (pm) 8 x 400m; Wednesday—(am) 5 miles; (pm) 10 miles; Thursday—(am) 5 miles; (pm) 8 x 300m, 8 x 200m, 8 x 100m; Friday—(am) 5 miles; (pm) 5 miles; Saturday—Race.

Does not rest before a major competition and likes to race every week.

Scottish Women's CC Championships (Contd.)

At Livingston, February 7th Intermediates

1, A. Horne (Victoria Park)	15:53
2, J. Brown (Guildford & G)	16:07
3, K. Robinson (Pitreevie)	16:29
4, M. Pahnke (Clyde V)	16:36;
5, A. Robertson (ESH)	16:58;
6, A. Clarkson (ESH)	17:03;
7, E. Trotter (Vic P)	17:18;
8, A. Lind (EAC)	17:22;
9, F. MacKenzie (Pit)	17:33;
10, A. Linton (Glas)	17:46;
11, L. Roy (Vic P)	17:52;
12, S. Livingstone (Pit)	18:00;
13, V. McKane (Fife)	18:22;
14, L. Palmer (TH)	18:40;
15, J. Eaglesham (ESH)	19:15;
16, K. Williams (Pit)	19:21;
17, B. Geddes (Bord)	19:48;
18, L. Fraser (EAC)	20:00;
19, S. Geddes (Glas)	20:02;
20, C. McKenzie (Pit)	20:13;
21, J. Affleck (Clyde V)	20:50;
22, J. McIntyre (Glas)	20:59;
23, J. Rattray (EK)	21:15;
24, J. Adie (Cent R)	21:42;
25, J. Hogg (Dund)	21:57;
26, E. Ballantyne (Green RP)	22:54;
27, D. Powell (EK)	23:05.

Teams: 1, Victoria Park 19; 2, Pitreevie 24; 3, Edinburgh Southern 26.

Juniors

1, F. McQueen (Victoria Park)	8:42
-------------------------------	------

2, G. Pullar (Pitreevie)	9:06
3, S. Gammack (Pitreevie)	9:07
4, S. McLaren (AAAC) 9:20; 5, V. Hutton (EAC) 9:25; 6, S. Bett (Fife) 9:28; 7, H. Horne (Vic P) 9:30; 8, G. MacCauley (ESH) 9:36; 9, A. Taylor (Cent R) 9:37; 10, J. Maguire (Vic P) 9:38; 11, J. Tonathy (ESH) 9:41; 12, W. Sharp (Pit) 9:44; 13, S. Etherson (PH) 9:45; 14, K. Trotter (Vic P) 9:53; 15, D. Copp (Pit) 10:01; 16, M. Dunnett (Green RP) 10:05; 17, L. Bowie (PH) 10:08; 18, D. Duncan (PH) 10:13; 19, M. Melville (Law) 10:14; 20, A. Williamson (Cent R) 10:17; 21, M. Gray (EAC) 10:19; 22, J. Scott (Pit) 10:21; 23, K. Winney (ESH) 10:22; 24, V. Campbell (SLAC) 10:22; 25, S. Brown (Green RP) 10:24; 26, C. McWilliams (Green RP) 10:29; 27, M. Bain (Green RP) 10:30; 28, J. Leggate (Clyde V) 10:32; 29, L. McBurnie (Glas) 10:36; 30, J. O'Hanlon (PH) 10:37; 31, I. Galvin (PH) 10:39; 32, E. Girdwood (Clyde V) 10:40; 33, M. McQuillan (Clyde V) 10:40; 34, L. Patterson (Clyde V) 10:41; 35, J. Curle (FMH) 10:42; 36, P. McGaskill (SH) 10:47; 37, E. Robertson (Glas) 10:48; 38, J. Laverock (Fife) 10:50; 39, B. Cavan (SLAC) 10:52; 40, C. Hall	

(Law) 10:55; 41, R. Watt (Fife) 11:00; 42, M. Hamilton (Glas) 11:09; 43, M. Mutch (AAAC) 11:11; 44, A. Terris (EAC) 11:11; 45, C. Hogg (Dund) 11:18; 46, L. Thirkell (Fife) 11:20; 47, L. Methven (ESH) 11:40; 48, C. Murray (ESH) 11:42; 49, M. Grant (Clyde V) 11:45; 50, G. Fraser (ESH) 11:48. **Teams:** 1, Victoria Park 32; 2, Pitreavie 32; 3, Paisley 78.

Girls

1, K. Greally (Pitreavie) 6:21
2, D. Christie (Edinburgh Southern) 6:26
3, M. MacMillan (Edinburgh AC) 6:31
4, M. McFarlane (Clyde V) 6:38; 5, A. Reid (SH) 6:45; 6, A. Everett (SH) 6:45; 7, M. Tillie (EAC) 6:47; 8, V. McWilliams (Green RP) 6:49;
9, M. Hogg (Clyde V) 6:52; 10, C. Batchelor (Forth) 6:53; 11, R. Pinkerton (Glas) 6:53; 12, D. McLaren (ESH) 6:56; 13, D. Christie (Vic P) 6:59; 14, L. McDonald (Pit) 7:01; 15, L. Devinish (Green RP) 7:01; 16, L. Dunnett (Green RP) 7:02; 17, M. Steele (PH) 7:02; 18, C. Gray (EAC) 7:04; 19, C. Taylor (CAAC) 7:04; 20, L. Haygarth (CAAC) 7:07; 21, A. Cunningham (SH) 7:07; 22, C. Tormey (Green RP) 7:08; 23, T. Spiers (CAAC) 7:08; 24, J. Nailen (Clyde V); 25, C. Brown (Glas); 26, J. Bryce (Pit); 27, F. Anderson (Pit); 28, K. Duggan (SH); 29, A. Barnes (Law); 30, B. Grimes (Glas); 31, D. Allison (Clyde V); 32, L. Renwick (TH); 33, L. Purves (ESH); 34, S. Jones (Pit); 35, M. Bannerman (Green RP); 36, J. McKinnon (Law); 37, V. Coyne (SLAAC); 38, L. Stephen (SH); 39, S. Headon (Fife); 40, D. Loose (EAC); 41, J. Mc-

Gregor (Fife); 42, P. Inness (SH); 43, J. Skene (CAAC); 44, A. Cunningham (Glas); 45, P. Stoddart (FMH); 46, C. Murname (Cent R); 47, F. Meldrum (Unatt); 48, K. Keighran (ESH); 49, E. O'Kane (Clyde V); 50, A. Harrison (Clyde V). 111 finished. **Teams:** 1, Shettleston 60; 2, Greenock Rankin Park 61; 3, Pitreavie 68; 4, Clyde Valley 68; 5, Edinburgh AC 68; 6, Edinburgh Southern 95.

APOLOGIES, CAMBRIDGE & COLERIDGE

Corrections to the results of the National Women's Intermediate CC Champs at Blackburn: 45, M. Bryanley, 48, K. Tuffnell, 106, C. Hit-chings, 112, J. Bentic, 119, E. Whiting are all **Cambridge & Coleridge** and not Cambridge H as printed. Twelfth team was C&C and not Cambridge H as printed; 149th in the Junior race was C. Embury (C&C) and 58th in the Girls race was C. Summerton (C&C) and not as printed.

ACCOMMODATION SOUGHT

A French distance runner wishes to spend July in the Lake District and is looking for suitable accommodation for himself, wife and daughter. He hopes to establish contact with other runners living, or on holiday, in the region, and to compete in local fell races. If anyone can help (accommodation or contacts) please write to Jean-Claude Reffray, Les Charmilles Batiment C, 61 Traverse Signoret, 13013 Marseille, France.

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EUROPEAN INDOOR contd. from page 7

Because of this and other incidents in previous Championships, I wonder whether there is a case for running 800m with the first lap in lanes, even if it means reducing the field to four. If a 300m stagger is needed in international races outdoors, the problem is compounded on a tiny, narrow indoor circuit, not eased. A related incident spoiled the women's 800m final, where the Bulgarian Nikolina Shtereva (who set a world best of 2:01.1 a month earlier) blatantly pushed a West German athlete on the first bend. Such things are part of indoor running and many worse fouls have gone virtually unnoticed, but the spectators were livid and roundly whistled Shtereva throughout the race, which she won in 2:02.2, and also, regrettably, at the victory ceremony. Although this treatment may make the Bulgarian think twice before pushing anyone again, it did seem a little harsh to pick specifically on her. She kept a remarkably brave face in the hostility and one was almost in the paradoxical situation of feeling sorry for someone who was being victimised for breaking the rules!

To the credit of the crowd (around 7000 on Sunday) they were prepared to acknowledge generously any good performance, although a West German victory almost made the Olympiahalle vibrate, and there was plenty of track success for them to applaud. Rita Wilden set a world's best (electrically timed) of 52:26 in the 400m (24.0 at 200m), and in the 1500m Brigitte Kraus was inspired to run 10 sec faster than ever before indoors, overtaking the fluent Rumanian, Natalia

Marasescu (née Andrei), on the last lap. A sad sight here was the lacklustre form of Olympic champion Lyudmila Bragina, who after a spell in the front early on (400 in 63.9) which revived memories of her three world records in three races just a few hundred metres away at the Olympic stadium in 1972, faded to seventh in 4:23.9. It was a pity Mary Stewart wasn't in the race, though—her personal best equalling 4:17.3 at Cosford over the weekend would have gained fourth place here.

Several other Soviet Olympic champions fared better than Bragina. Valeriy Borzov took the 60m, in a time only one-hundredth outside the world's electrically timed best, but East Germany's Eugen Ray was not running—in fact the non-participation of many East German stars seen in top indoor form this season was disappointing. Viktor Sanyeyev was superb in the triple jump, finishing with 17.10/56'14", just 6cm shy of his recent world indoor best, despite being watched by only a handful of spectators on the Saturday morning.

The pole vault was marred as a 'European championship' by the absence (in the USA) of Poland's Tadeusz Slusarski and Wladyslaw Kozakiewicz, who between them have taken European vaulting well beyond 18ft this winter, and it was left to Yuriy Prokhorenko (USSR) to win comfortably at 5.45/17'10½". In the women's high jump a confrontation between Rosi Ackermann and Olympic champion Ulrike Meyfarth ended in victory for Ackermann who straddled 1.92/6'3½" first time, while Meyfarth failed. Rita Kirst (1.90/6'2½" this year) was way off form, and finished eighth. No fewer than nine girls cleared 1.83/6'0" or higher!

As a championship meeting it was a little disappointing and scarcely representative of Europe's likely challenge at Montreal. But one meaningless competition, the relays, which have attracted poor entries in the past, have thankfully been dropped from the programme.

Cliff Temple is athletics correspondent of 'The Sunday Times'.

Results

(a) February 21st; (b) February 22nd

60m: (a) 1, V. Borzov (USSR) 6.58; 2, V. Papageorgopoulos (Gre) 6.67; 3, P. Petrov (Bul) 6.68; 4, N. Kolesnikov (USSR) 6.70; 5, A. Kornelyuk (USSR) 6.71 (6.69 sf); 6, Z. Nowosz (Pol) 6.79.

400: (b) 1, J. Bratanov (Bul) 47.79; 2, H. Kohler (WG) 48.19 (47.91 sf); 3, R. Madry (Pol) 48.46 (47.98 sf); 4, S. Tziortzis (Gre) 48.51 (47.62 sf).

800: (b) (400-55.3) 1, I. Van Damme (Bel) 1:49.2; 2, J. Schmid (WG) 1:49.8; 3, M. Savic (Yug) 1:49.9; 4, A. Zsinka (Hun) 1:50.4 (1:50.1 ht); 5, R. Hoofd (Bel) 1:50.7; 6, F. Gonzalez (Fra) 1:50.9 (1:49.8 ht) . . . PHIL LEWIS injured in heat.

1500: (b) (400-63.1, 800-2:06.8, 1200-3:05.1) 1, P.-H. Wellmann (WG) 3:45.1; 2, T. Wessinghage (WG) 3:45.3 (3:44.9 ht); 3, G. Ghipu (Rum) 3:46.1 (3:45.1 ht); 4, H. Mignon (Bel) 3:47.1 (3:45.8 ht); 5, E. Helm (WG) 3:47.3; 6, D. Janczuk (Pol) 3:47.7; 7, A. Mamontov (USSR) 3:47.7 (3:45.7 ht); 8, GLEN GRANT 3:48.4 (3:48.9 ht).

3000: (b) (1000-2:44.0, 2000-5:29.8) 1, I. Sens-

HERTFORD & WARE ATHLETIC CLUB CROSS-COUNTRY RACES

Sponsored by **BRAZIERS LTD., WARE**
(Under A.A.A. & W.A.A.A. Laws)

SUNDAY, 21st MARCH, at 1.30 pm

SIMON BALLE SCHOOL, HERTFORD

Young Colts U/11 2300m

Colts U/13 2800m

Boys U/15 3600m

Minor Girls U/13 2300m

Junior Ladies U/15 2800m

Ages as at 1st September, 1975

Awards: Medals to first 4 Individuals and first 2 Teams (any number run, 4 score) in each race.

Entry Fee: 15p per runner (no Team fee).

Entries, stating date of birth, to D. Wallis, 53 Wellington Street, Hertford. Enclose SAE.

ENTRIES CLOSE MON., 8th MARCH

burg (WG) 8:01.6; 2, J. Zubrak (Pol) 8:02.0; 3, RAY SMEDLEY 8:02.2 (8:02.2 ht); 4, F. Cerrada (Spa) 8:02.8; 5, S. Polak (Cze) 8:03.2; 6, P. Weigt (WG) 8:03.2; 7, S. Zacharopoulos (Gre) 8:05.2; 8, H.-J. Orthmann (WG) 8:10.4 (8:02.8 ht).

60H: (b) 1, V. Myasnikov (USSR) 7.78; 2, BERWYN PRICE 7.80 (UK best—electrical) (7.97 ht, 7.91 sf); 3, Z. Jankowski (Pol) 7.92; 4, J. Cerovski (Cze) 7.97; 5, E. Pereverzev (USSR) 8.00; 6, L. Bognar (Hun) 8.02.

HJ: (b) 1, S. Senyukov (USSR) 2.22/7'3½"; 2, J. Aletti (Fra) 2.19/7'2¼"; 3 eq, W. Boller (WG) & B. Brocken (Bel) 2.19; 5, L. R. Falkum (Nor) 2.19; 6, R. Beilschmidt (GDR) 2.16/7'1"; 7, V. Kiba (USSR) 2.16; 8, J. Gwozdz (Pol) 2.13/6'11¼"; 9 eq, F. Martin (Spa) & T. Larsson (Swe) 2.13; 11, F. Bonnet (Fra) 2.13; 12, R. Almen (Swe) 2.10/6'10¼"; 13, J. Bodin (Fra) 2.10; 14, V. Maly (Cze) 2.10; 15, D. Patronis (Gre) 2.05/6'8¼"; G. Marqueta (Spa) & A. Grigoryev (USSR) no height.

PV: (a) 1, Y. Prokhorenko (USSR) 5.45/17'10½"; 2, A. Kalliomaki (Fin) 5.40/17'8¼"; 3, R. Dionisi (Ita) 5.30/17'4¼"; 4, G. Lohre (WG) 5.20/17'0¼"; 5, W. Mohr (WG) 5.20; 6, F. Tracaneli (Fra) 5.10/16'8¼"; 7, D. Kytteas (Gre) 5.10; 8 eq, W. Szkolnicki (Pol), K. Isaksson (Swe) & R. Murawski (Pol) 5.00/16'4¼"; 11, M. Klimczyk (Pol) 4.90/16'0¼"; V. Kishkun (USSR) & Y. Isakov (USSR) no height.

LJ: (b) 1, J. Rousseau (Fra) 7.90/25'11"; 2, V. Podluzhny (USSR) 7.79/25'6¼"; 3, J. Busse (WG) 7.72/25'4"; 4, R. Veglia (Ita) 7.71/25'3¼"; 5, A. Pereverzev (USSR) 7.62/25'0"; 6, A. Albero (Ita) 7.60/24'11¼"; 7, S. Lazarescu (Rum) 7.57/24'10"; 8, D. Iordache (Rum) 7.41/24'3¼"; 9, S. Rodriguez (Spa) 7.38/24'2¼"; 10, L. Szalma (Hun) 7.36/24'1¼"; 11, Y. Shubin (USSR) 7.36; 12, M. Szczepanski (Pol) 7.31/23'11¼".

TJ: (a) 1, V. Sanyeyev (USSR) 17.10/56'1¼" (16.86, 16.94, 17.10, —, —, 17.05); 2, C. Corbu (Rum) 16.75/54'11¼"; 3, B. Lamitie (Fra) 16.68/54'8¼"; 4, W. Kolmsee (WG) 16.47/54'0¼"; 5, P. Kuukasjarvi (Fin) 16.44/53'11¼"; 6, P. Sasin (Cze) 16.36/53'8¼"; 7, C. Valetudie (Fra) 16.30/53'5¼"; 8, A. Sontag (Pol) 16.16/53'0¼"; 9, E. Biskupski (Pol) 16.16.

SP: (b) 1, GEOFF CAPES 20.64/67'8¼" (20.43, 20.34, —, 20.20, 26.64, —); 2, G. Lochmann (GDR) 20.29/66'7" (20.29, 19.96, 20.01, —, 20.18, 20.27); 3, A. Baryshnikov (USSR) 20.02/65'8¼" (20.02, 19.29, 19.97, 19.83, 19.76, —); 4, A. Yarosh (USSR) 19.38/63'7"; 5, M. Kyochev (Bul) 19.22/63'0¼"; 6, Y. Brouzet (Fra) 19.13/62'9¼"; 7, M. Janousek (Cze) 18.99/62'3¼"; 8, N. Khristov (Bul) 18.58/60'11½"; 9, H. Halldorsson (Ice) 18.41/60'4¼"; 10, A. Beer (Fra) 18.35/60'2¼".

Women

60: (b) 1, L. Haglund (Swe) 7.24 (7.20 sf); 2, SONIA LANNAMAN 7.25 (7.33 ht, 7.38 sf); 3, E. Possekel (WG) 7.28; 4, I. Helten (WG) 7.29 (7.27 sf); 5, S. Telliez (Fra) 7.30; 6, V. Anisimova (USSR) 7.32 (7.29 sf).

400: (b) 1, R. Wilden (WG) 52.26 (world best—electrical); 2, J. Pavlicic (Yug) 52.47; 3, I. Klimovicha (USSR) 52.80; 4, L. Aksyonova (USSR) 53.60... D. Fuhrmann (WG) 53.36 sf.

800: (b) (400—60.4) 1, N. Shtereva (Bul) 2:02.2;

2, L. Tomova (Bul) 2:02.6; 3, G. Klein (WG) 2:03.2; 4, I. Bonova (Bul) 2:04.5; 5, A. Traugott (WG) 2:04.9; 6, J. Cerchlanova (Cze) 2:15.9 (2:10.2 ht).

1500: (b) (400—63.9, 800—2:15.5, 1200—3:28.6) 1, B. Kraus (WG) 4:15.2; 2, N. Marasescu-Andrei (Rum) 4:15.6; 3, R. Pekhlivanova (Bul) 4:15.8; 4, S. Castelein (Bel) 4:21.8; 5, R. Chavdarova (Bul) 4:21.9; 6, C. Burki (Swi) 4:22.0; 7, L. Bragina (USSR) 4:23.9; 8, V. Yavzinska (Bul) 4:24.1; 9, C. Surdel (Pol) 4:25.1.

60H: (a) 1, G. Rabsztyan (Pol) 7.96; 2, N. Lebedyeva (USSR) 8.08; 3, B. Nowakowska (Pol) 8.14 (8.09 ht); 4, U. Schaluck (WG) 8.23; 5, T. Nowak (Pol) 8.44; 6, L. Kononova (USSR) 8.49 (8.14 ht).

HJ: (a) 1, R. Ackermann (GDR) 1.92/6'3½"; 2, U. Meyfarth (WG) 1.89/6'2¼"; 3, M. Karbanova (Cze) 1.89; 4 eq, V. Bradacova (Cze) & M.-C. Debourse-Denis (Fra) 1.86/6'1¼"; 6, R. Ahlers (Neth) 1.86; 7, M. Mracnova (Cze) 1.86; 8, R. Kirst (GDR) 1.83/6'0"; 9, M. Wilken (WG) 1.83; 10, B. Holzapfel (WG) 1.80/5'10¼"; 11 eq, N. Oskolok (USSR), Y. Blagoeva (Bul) & M. Van Laar (Neth) 1.80; 14 eq, A. E. Karlsson (Swe) & T. Shlyakhto (USSR) 1.80; 16, C. Andersson (Swe) 1.75/5'8¼"; 17, A. Bouma (Neth) 1.75.

LJ: (b) 1, L. Alfeyeva (USSR) 6.64/21'9¼"; 2, J. Nygrynova (Cze) 6.57/21'6¼"; 3, G. Gopchenko (USSR) 6.48/21'3¼"; 4, A. Voigt (GDR) 6.32/20'9"; 5, M. Lambrou (Gre) 6.27/20'7"; 6, J. Curtet (Fra) 6.25/20'6¼"; 7, M. Antenen (Swi) 6.22/20'5"; 8, U. Hedicke (WG) 6.18/20'3¼"; 9, D. Spinu (Rum) 6.17/20'3"; 10, L. Panayotova (Bul) 6.17; 11, SUE REEVE 6.08/19'11½"; (5.89, 6.08, 6.06).

SP: (b) 1, I. Khristova (Bul) 20.45/67'1¼"; 2, S. Krachevskaya (USSR) 20.06/65'9¼"; 3, I. Schoknecht (GDR) 19.36/63'6¼"; 4, E. Stoyanova (Bul) 19.20/63'0"; 5, T. Bufetova (USSR) 18.66/61'2¼"; 6, B. Griessing (GDR) 18.61/61'0¼"; 7, E. Wilms (WG) 18.29/60'0¼"; 8, L. Chewinska (Pol) 18.26/59'11"; 9, L. Bertimon (Fra) 14.79/48'6¼"; 10, A. Silverio (Por) 14.28/46'10¼".

YEOVIL OLYMPIADS A.C. OPEN ROAD RELAYS

(Under A.A.A., W.C.C. & R.W.A. Laws)

SUNDAY, 4th APRIL, 1976, 1 p.m.

Colts	3 x 1.8 Miles Relay
Boys	3 x 1.8 Miles Relay
Youths	3 x 1.8 Miles Relay
Men	3 x 1.8 Miles Relay

Composite Relay

(1 Girl U/13, 1 Jnr. Lady, 1 Inter. Lady)

Boys U/11 Open Road Race 1.8 Miles

(Team event 4 to score)

Entry Fees: Relays 50p per Team, Boys U/11 15p per Ind. (no Team fee). **Awards:** Winning Teams & fastest laps. First 3 Ind. & Team Boys U/11. **Entries and enquiries** (SAE please) to J. Tyley, 22 King Street, Yeovil, Somerset.

ENTRIES CLOSE FRIDAY, 26th MARCH

Dates for your diary: 31st May—Yeovil Bank Holiday Games & Yeovil 10M Road Race. 17th July—Minors (U/13) Open Meeting. Details to follow.

SCOTTISH CC CHAMPIONSHIPS (Contd.)

At Coatbridge, February 14th

Juniors

1, N. Muir (Shettleston H)	22:52
2, P. Kenney (Dundee University)	23:12
3, J. Graham (Clyde Valley)	23:37
4, J. Burns (Shett) 23:43; 5, J. Robson (ESH) 23:44; 6, F. Clyne (Aber) 24:05; 7, K. McCartney (Law) 24:07; 8, C. Haskett (Dund H) 24:10; 9, J. Thomson (Law) 24:15; 10, T. Patterson (Spring) 24:17; 11, G. Laing (Aber) 24:18; 12, R. Thomas (Edin Un) 24:19; 13, G. Clarke (Spango V) 24:26; 14, I. Shaw (WoS) 24:35; 15, D. Buchan (Aber) 24:36; 16, P. Gowans (ESH) 24:52; 17, D. Hunter (EAC) 24:53; 18, G. Gaffney (Green WH) 24:54; 19, H. Forgie (Law) 24:59; 20, G. Crawford (Spring) 25:05; 21, D. Burt (Strath Un) 25:06; 22, W. Napier (EAC) 25:09; 23, D. Stoddart (Glas Un) 25:10; 24, G. McGarva (FVH) 25:16; 25, K. McKenzie (Shett) 25:19; 26, P. Porter (Glas Un) 25:21; 27, B. Gardiner (Clyde V) 25:23; 28, M. Coyle (Spango V) 25:27; 29, R. Thompson (Ayr) 25:28; 30, A. Anderson (St A) 25:29; 31, G. Miller (Edin Un) 25:31; 32, A. Robertson (ESH) 25:35; 33, E. Stewart (WoS) 25:36; 34, W. Blair (Edin Un) 25:41; 35, J. Scott (EAC) 25:49; 36, A. Murray (Edin Un) 25:53; 37, J. Boyd (Ayr) 25:55; 38, T. Hendry (EAC) 25:59; 39, J. Orr (Green GH) 26:03; 40, D. Frame (Law) 26:06; 41, S. Cassells (Aber) 26:14; 42, J. Fleming (Spring) 26:17; 43, K. Fitzgerald (Clyde V) 26:19; 44, B. McDowall (Edin Un) 26:30; 45, S. Laing (Gala) 26:32; 46, N. Agnew (Clyde V) 26:34; 47, S. Walters (EAC) 26:39; 48, I. Main (St A) 26:44; 49, D. Carruthers (EAC) 26:48; 50, I. Downey (Glas Un) 26:49. Teams: 1, Aberdeen 73; 2, Law & Dist 75; 3, Shettleston 83; 4, Edinburgh AC 107; 5, ESH 113; 6, Edinburgh Univ 113; 7, Clyde Valley 119; 8, Springburn 127; 9, Dundee Univ 196; 10, West of Scotland 198; 11, Dundee Hawhill 229; 12, St Andrews Univ 235.	

Youths

1, A. Smith (Shettleston)	18:43
2, B. McSloy (Clyde Valley)	18:51
3, T. Young (Central Region)	18:53
4, G. Paterson (Clyde V) 19:11; 5, D. Ross (EAC) 19:21; 6, I. Murray (Spring) 19:27; 7, G. Braidwood (Bell) 19:47; 8, R. McWatt (Clydes) 19:47; 9, R. Adams (Falk V) 19:51; 10, D. Innes (EAC) 19:51; 11, L. Walker (Aber) 19:51; 12, I. Brown (Falk) 19:59; 13, T. Cole (EAC) 20:00; 14, W. McDonald (E Kilb) 20:02; 15, D. McMillan (CR) 20:03; 16, J. Gray (EAC) 20:04; 17, G. Cruickshank (Falk V) 20:13; 18, D. Hendry (Fife) 20:14; 19, M. McLeod (ESH) 20:19; 20, N. Jones (EAC) 20:21; 21, G. Russell (Perth S) 20:27; 22, D. McLeod (Spring) 20:28; 23, W. Dunn (Green GP) 20:34; 24, J. Fisher (CR) 20:35; 25, S. Smullen (WoS) 20:36; 26, I. Brodie (WoS) 20:40; 27, T. Black (Green GP) 20:44; 28, W. Toole (Pais) 20:45; 29, M. Wilson (EAC) 20:46; 30, D. Reid (Perth) 20:48.	
Teams: 1, Edinburgh AC 59; 2, Central Region 80; 3, Falkirk Victoria 98;	

4, Springburn 107; 5, Clyde Valley 112; 6, West of Scotland 123; 7, Greenock Glenpark 162; 8, East Kilbride 183; 9, Bellahouston 188; 10, Victoria Park 203; 11, Fife 205; 12, Aberdeen 229; 13, Larkhall YMCA 258.

Senior Boys

Senior Boys

1, G. Adams (Victoria Park)	14:47
2, C. Hume (Teviotdale)	14:51
3, A. Douglas (Victoria Park)	14:54
4, G. Williamson (Spring) 15:03; 5, B. Neilson (Tev) 15:04; 6, K. Harkness (ESH) 15:06; 7, F. Stewart (Clyde V) 15:15; 8, A. Bryce (CR) 15:19; 9, D. Kirk (Dumb) 15:24; 10, I. Torrance (CR) 15:30; 11, I. Doole (Clyde V) 15:33; 12, R. Riddell (Law) 15:34; 13, D. Smith (Pais) 15:35; 14, D. Cavan (St Col) 15:36; 15, W. Smith (Pais) 15:37; 16, J. Pentecost (Falk V) 15:42; 17, J. Ness (Fife) 15:44; 18, R. Mitchell (Aber) 15:46; 19, E. Martin (Shett) 15:47; 20, J. Docherty (Vic P) 15:48; 21, D. Taylor (Caith) 15:53; 22, D. Gibson (Falk V) 15:54; 23, J. Ackles (EAC) 15:54; 24, J. Darling (Tev) 15:56; 25, R. McCallum (Falk V). Teams: 1, Victoria Park 64; 2, Teviotdale 68; 3, Clyde Valley 80; 4, Central Region 91; 5, Springburn 100; 6, Paisley 106; 7, Falkirk Victoria 117; 8, Shettleston 148; 9, Edinburgh Southern 174; 10, Caithness 191; 11, Edinburgh AC 222; 12, Aberdeen 249; 13, Bellahouston 253; 14, East Kilbride 323; 15, Spango Valley 339; 16, Kilbarchan 349; 17, Geo Heriots Sch 364; 18, Clydesdale 367; 19, Fettes College 463; 20, Cambuslang 479.	

Junior Boys

Junior Boys

1, P. Martin (Clyde Valley)	10:01
2, A. Thomas (Clyde Valley)	10:03
3, C. Henderson (Tayside)	10:04
4, P. McIntyre (Spring) 10:15; 5, S. Todd (Falk V) 10:16; 6, A. Callan (Spring) 10:21; 7, C. Paterson (CR) 10:26; 8, A. Thompson (Bell) 10:26; 9, S. Maxwell (Falk V) 10:30; 10, E. Ward (Spring) 10:31; 11, G. Grindley (Falk V) 10:31; 12, W. Brierley (Vic P) 10:34; 13, S. McPherson (Spring) 10:36; 14, J. Steel (ESH) 10:37; 15, K. Low (Shett) 10:37; 16, G. McMaster (Loch) 10:38; 17, A. Anderson (Vic P) 10:38; 18, G. Mitchell (Falk V) 10:40; 19, B. Barr (Ayr) 10:41; 20, G. Arnold (CR) 10:43.	
Teams: 1, Springburn 33; 2, Falkirk Victoria 43; 3, Central Region 88; 4, Clyde Valley 99; 5, Shettleston 111; 6, Aberdeen 115; 7, Victoria Park 157; 8, ESH 195; 9, EAC 217; 10, Lochaber 222; 11, Caithness 281; 12, Clydesdale 300; 13, Park Main 332; 14, Kilbarchan 354; 15, Bellahouston 363; 16, Teviotdale 368; 17, West of Scotland 463; 18, Beith 484; 19, Fettes College 525.	

Hertford & Ware AC officers: Chairman, K. Wren; secretary, F. Durrant, 29 Heath Drive, Kingshill, Ware, Herts (Tel: Ware 3803); fixture sec, S. Broadhead, Meadow Lodge, Admirals Walk, Hoddesdon; treasurer, M. Bates.

Have you heard the story of a country that launched a National Coaching Scheme for Athletics? You have. Have you also heard that this country appointed National Event Coaches to look after each event—being responsible for the overall progress of the event—appointing Area Staff Coaches—running training camps—writing new instructional booklets—lecturing on the event at Conferences, Area Courses, etc.—attending Area and National Coaching Committees? Quite a job, you may think, for someone who only does it on payment of expenses incurred. For this is the lot of several National Event Coaches of the country in question.

What are the rewards for being the said National Event Coach? None really, other than doing a job one is totally committed to, and, of course, possibly being picked to travel with the National Team when they compete abroad. There is also a remote chance that the National Event Coach might get picked to accompany the Olympic Team. This would be logical.

What would you say, then, if the Coaching Authority decided not to take the National Event Coach but his second in command?

“Thank you very much for looking after the long distance event for four years and coaching in addition the leading male and female 800m runners. We don’t think you are capable of looking after the Olympic runners for three weeks, so we are giving the job to one of the Area Staff Coaches you appointed.”

Only in British Athletics would such an outrageous situation be proposed, be accepted at National Committee, and go by without a murmur from the mass of the athletics population.

Who votes these decision-makers into power?

FOR GOD’S SAKE BRITISH ATHLETES & COACHES, WAKE UP!

WALKING**LAWTON BEATS NIHILL IN SPLENDID TIME**

ON a slightly revised course Carl Lawton led throughout to win the GLC '10' at Battersea Park on February 14th and was rewarded with a splendid time of 71:50. From the start Shaun Lightman chased the leader, with Paul Nihill an isolated third and Adrian James and Dave Stevens next in line. However, Lightman was soon in trouble and retired after about 3M leaving Nihill chasing hard and getting within 10y of Lawton by halfway. A close finish looked in prospect but Lawton found renewed pace and drew away in the closing stages. Adrian James held third until passed by Stevens who went on to finish a clear-cut third. The battling foursome of Hodgkinson, Banyard, Fogg and Armstrong all had excellent races, passing James on the fifth and last lap. On a raw, cold day others to show improving form were Bill Sutherland, Bernard Imber, Barry Ingarfield and Richard Tanner and with 16 inside 80 min the overall standard was high. In the team race Belgrave had an easy victory over Enfield. 1, C. Lawton (Bel) 71:50; 2, P. Nihill (Croy) 72:39; 3, D. Stevens (SE/P) 75:12; 4, P. Hodgkinson (Camb H) 76:49; 5, A. Banyard (S'end) 77:04; 6, C. Fogg (BoE) 77:24; 7, B. Armstrong (Ilf) 77:35; 8, A. James (BoE) 78:04; 9, A. Buchanan (B&H) 78:34; 10, W. Sutherland (Ilf) 78:50; 11, B. Imber (Sy) 78:59; 12, B. Ingarfield (Met) 79:04; 13, R. Tanner (Bel) 79:10; 14, G. Hunwicks (Ilf) 79:25; 15, J. Hall (Bel) 79:38; 16, M. Scammell (New) 79:59;

17, R. Middleton (Bel) 80:11; 18, L. Ruddock (Ilf) 80:36; 19, E. Holmquist (High) 80:42; 20, P. Dyble (New) 82:53.

Shaun Lightman storms away from Carl Lawton in SCAAA 5km at Crystal Palace, February 11th. A bitterly cold night—there were even icy patches on the track—did not deter a 30+ strong field. Overall standard was excellent with 19 below 25 min. Shaun Lightman was in sparkling form and Carl Lawton was soon slipping behind. At the finish the Belgrave Crystal Palace specialist had little to spare from an inspired Adrian James who finished very powerfully. Dennis Sheppard faded after a fast start while Colin Young won a spirited battle for sixth. Fast times from John Lees, Young, Steve Wood and Laurence Dordoy who is making a determined 'comeback' following his brilliant career as a Boy. 1, S. Lightman (Met) 21:50.4; 2, C. Lawton (Bel) 22:51.6; 3, A. James (BoE) 22:54.6; 4, A. Buchanan (B&H) 23:03.0; 5, D. Sheppard (Ex P) 23:22.8; 6, C. Young (Ex B) 23:28.6; 7, B. Armstrong (Ilf) 23:29.6; 8, M. Scammell (New) 23:32.0; 9, R. Tanner (Bel) 23:34.6; 10, J. Lees (B&H) 23:39.4; 11, M. Angrove (Grey) 23:40.0; 12, D. Johnson (B&H) 23:49.0; 13, J. Hall (Bel) 24:01; 14, T. Thorogood (Bel) 24:17; 15, S. Wood (B&H) 24:18; 16, P. Crane (Sy) 24:41; 17, L. Ruddock (Ilf) 24:42; 18, D. Rowland (Stey) 24:51; 19, L. Dordoy (Ilf) 24:58; 20, M. Oliver (BoE) 25:05.

**HAVERING ATHLETIC CLUB
16th ROMFORD HALF-MARATHON**

(Under A.A.A. Laws)

SATURDAY, MARCH 27th, 1976 at 3 p.m.

Changing: Broxhill School, Romford

Prizes: first 4, first Vet O/40. First 3 Teams prizes and medals. **Entries** to C. N. J. Burton, (25p per person), 24 Longfield Ave., Hornchurch, Essex.

ENTRIES CLOSE 15th MARCH

**WARRINGTON ATHLETIC CLUB
1976 EVENTS**

SUN., APRIL 4th, Y.A. PARKLANDS RELAYS. Colts, Boys, Youths, Girls, J/Women, I/Women.

SAT., April 10th, CHRIS VOSE '10' R. RACE.

SAT., SEPT. 25th, 4 x 3/4M ROAD RELAY. For full details see 'AW' March 13th or write to G. T. Edwards, 10 Honister Avenue, Warrington, Cheshire, WA2 9NG.

**BOURNEMOUTH ATHLETIC CLUB
OPEN SPRING MEETING**

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

Kings Park Athletic Stadium, Bournemouth

SATURDAY, 3rd APRIL, at 1.00 p.m.

First Events—Ladies Walks

Jnr. Ladies 60m, 200m, 800m, 4 x 100m, 2000m Walk, L.J., H.J., S.P. **Inter. Ladies** 150m, 300m, 1000m, 4 x 100m, 2500m Walk, L.J., H.J., S.P., Jav. **Snr. Ladies** 150m, 300m, 600m, 2000m, 4 x 100m, 2500m Walk, L.J., H.J., S.P., D.T., Jav. **Colts** 60m, 1500m. **Boys** 60m, 1500m, L.J., Y. **Athletes** 100m, 300m, 600m, 2000m, H.J., L.J., S.P. **Snr. Men** 100m, 300m, 600m, 1500m, 5000m, 3000m Walk, H.J., L.J., P.V., Jav., D.T., S.P., H.T.

Entries on day: 15p one event, 20p two or more events, no prizes. **Enquiries** (SAE) to B. P. Joyce, 41 Southern Avenue, West Moors, Wimborne, Dorset, BH22 0BJ. (Tel: Ferndown 5524).

**HAVERING A.C.
GOOD FRIDAY RELAYS**

APRIL 16th

(Under AAA & ECCU Rules)

Cross Country course with some Road & Track

at Hornchurch Stadium, Bridge Ave., Hornchurch

**Minor Colts U/11 Colts U/13
Boys U/15 Youths U/17**

All ages as at 1st September, 1975.

All Races 4 x 2 Miles.

Perpetual Trophies all ages, medals first three Teams and fastest lap. 'B' Team medals if entries permit.

First Race starts at 2 p.m. prompt.

Entry fee: 60p per Team.

Entries to: Mr W. Lunny, 8 Victor Gardens, Hornchurch, Essex.

CLOSING DATE MON., APRIL 5th

Amos Seddon shows sharp form in Met Police 10M Champs at Chigwell, February 11th. With the Olympic Trial now only three months away, Amos Seddon put in a powerful effort to pull away easily from a strong field. Charlie Fogg had an excellent race to pip Lou Mockett for second but 'Garnet' winner Hamish Stewart had an unhappy day. Enfield had no less than six representatives in the first 10. 1, A. Seddon (BoE) 73:50; 2, C. Fogg (BoE) 75:51; 3, L. Mockett (Ilf) 75:55; 4, G. Scott (BoE) 76:43; 5, P. Hodgkinson (Camb H) 77:52; 6, C. Fisher (BoE) 78:10; 7, H. Stewart (BoE) 81:26; 8, W. Sutherland (Ilf) 81:57; 9, D. Watts (Camb H) 84:43; 10, D. Salter (BoE) 85:00; 11, C. Flint (Lon V) 87:11; 12, D. Fotheringham (Bel) 88:26. **Teams:** 1, 'N' Div 26; 2, Training Sch 26; 3, Scotland Yard 30.

Geoff Robinson fastest time and handicap winner in London Postal Region 9km at Blackheath Park, February 11th. 1, G. Robinson (BoE) 43:52; 2, P. Furey (BoE) 45:57; 3, R. Porter (Met) 48:25.

Graham Seatter hopes to stay in London after Montreal. The very promising 20-year-old New Zealander, who has recently been clocking very fast track times in Christchurch, hopes to compete in the AAA 3km and the RWA Junior 5M after competing in the Olympics. Seatter may well stay in London for two years providing he is able to find suitable work and accommodation. The young New Zealander intends joining Belgrave H, the club of his training companion Allan Callow. Recent results indicate the improvement Seatter has made. 15.11—10km Road: 1, Seatter 46:29; 2, Callow 46:30. 29:11—5km Track: 1, Seatter 22:17; 2, Callow 22:54. 27.12—10km Road: Seatter 46:21.7. 10.1—3km Track: Seatter 12:57. 24.1—3km Track: Seatter. 31.1—5km Track: Seatter 21:33.

Brazilian Results. 12 Hours, Sao Paulo, December 14th, 1975. 1, F. Elias 118km 250m; 2, R. Coutinho 112:756; 3, S. Prado 111:100; 4, L. Goebel 107:250; 5, M. Pataki 102:300. **(Senior Women):** K. Luciano 85:250. **3km (track), Sao Paulo, January 3rd:** 1, C. De Campos 14:02.5; 2, M. Emido 14:11.8; 3, V. Da Silva 14:34.4.

John Knifton outstays Larry Young to win the AAU 35km at Pittsburg, November 9th, 1975. Held on a five miles lap, Knifton and Young were together at the end of the first lap then Young broke away to lead by 98sec at 10M. John Knifton reduced the gap to 45sec by 15M and then passed the double Olympic bronze medallist at 19M to finish powerfully and win easily. 1, J. Knifton 2:53:04; 2, L. Young 2:55:36; 3, P. Ide 3:08:19; 4, R. Floriani 3:16:33; 5, R. Kulik 3:22:30; 6, R. Daniel 3:23:11.

International Results Round-up. Mediterranean Games 20km at Algiers, August 27th, 1975. 1, A. Zambaldo (Ita) 93:20.8; 2, Y. Galusic (Yug) 93:31.0; 3, J. Marin (Sp) 95:45.8; 4, V. Visini (Ita) 100:25.6. **50km (track), at Budapest, October 18th, 1975:** 1, L. Salter 4:20:45.6; 2, J. Tabori 4:28:17.2.

Michel Valloton easy winner of Lugano 100km, October 26th. 1, M. Valloton (Swi) 9:54:59; 2, M. Grob (Swi) 10:17:48; 3, R. Bergmann (Swi) 10:26:00; 4, R. Girod (Swi) 10:29:30; 5, O. Gallarotti (Swi) 10:29:50; 6, A. Ludwig (WG) 10:45:48; ... 12, T. Knatt (USA) 12:05:24.

Hans Michalski wins Austrian 50km at Aigen, October 25th. 1, H. Michalski (WG) 4:09:36; 2, H. Binder (WG) 4:13:09; 3, S. Richter (WG).

Sweden. 30km Road at Malungfors, September 14th, 1975. 1, K. Moen 2:23:36; 2, O. Andersson 2:26:52; 3, L. Lundgren 2:27:08.

Colin wins Mexican Pan-Am 20km Trial at Mexico City, September 21st, 1975. 1, D. Colin 90:15; 2, D. Bautista 91:15; 3, P. Aroche 92:05.

Belgium 100km Championships at Tamines, October 4th. 1, G. Cnockaert 9:59:29; 2, R. Pietzuin 10:01:06; 3, R. Rinchar 10:36:30.

Colin Young

South Western 6 Miles Champs at Westbury, February 14th. Ted Shillabeer won the title for the first time and led his team, Dawlish and South Devon RWC, to their first ever South Western Counties team championship. Following a battle with Chris Maddocks, Ted started to pull away $\frac{1}{2}$ mile or so after the turn. The defending champion, Stuart Maidment, could only manage sixth place after a lay-off because of injury. One of the guest walkers in fact led the field home, Bill Wright finishing 2 $\frac{1}{2}$ mins ahead of Shillabeer. Another of the father and son combinations which seem to be a feature of walking took the first two places in the Dorset Championship, fast improving Ron Jones just beating son Dennis by 17 sec. 1, E. Shillabeer (Daw) 47:37; 2, C. Maddocks (Yeo) 47:53; 3, J. Turner (Trow) 49:35; 4, A. Bainborough (Daw) 50:11; 5, R. Flynn (Daw) 50:29; 6, S. Maidment (Yeo) 50:59; 7, F. Turner (Daw) 51:06; 8, R. Jones (Wey) 51:26; 9, D. Jones (Wey) 51:43; 10, W. Pickett (Trow) 52:04. **Teams:** 1, Dawlish 10; 2, Yeovil 20; 3, Trowbridge 22; 4, Weymouth St Pauls 26. **(Devon Champs):** 1, Shillabeer; 2, Maddocks; 3, Bainborough. **(Dorset Champs):** 1, R. Jones; 2, D. Jones; 3, J. Cartwright (Trow) 55:07. **(Guests):** 1, W. Wright (S&E) 45:07; 2, F. Wrey (Bas) 51:20; 3, C. Ball (S&E) 51:37. **(Youths 2M):** P. Blomfield (Daw) 18:50. **(Boys 2M):** 1, J. Green (Yeo) 19:41; 2, J. Ball (S&E) 20:22; 3, S. Davies (Trow) 23:19. **(Senior Women 2M):** J. Farr (Trow) 16:33. **(Junior 2M):** 1, K. Miles (Trow) 19:59; 2, A. Conning (Wey) 20:41; 3, J. Copp (Wey) 23:10.

John Powell

Clifford Barley, second in the Southern Boys CC Champs, is a member of Borough of Enfield Harriers and not Polytechnic as printed.

* * *

The secretary of the Veterans AC tenders his apology for any late reply to letters received, owing to his being in hospital with a broken ankle. He will do his best to reply as quickly as possible.

RUNNERS ON THE FELLS: 1975 SEASON

(PART 2)

Reviewed by W. R. Smith

Joss was competing abroad the following week-end too, but had not sufficiently recovered from his Pikes Peak epic, and could only manage 28th place in the **Sierre-Zinal Race** (17 miles: 6,000ft) in Switzerland. However, England was well represented in the first four positions, which read: Jeff Norman, 1st in 2:48:20; Albrecht Moser (Swi), 2nd in 2:48:46; Ian Thompson (I), 3rd in 2:49:40; and Harry Walker, 4th in 2:50:47. Well done, lads!

Back home in Lakeland, gruelling heatwave conditions prevailed as Mike Short won the rugged **Borrowdale Fell Race** (A: 18 miles) with a time of 3:13:30, his nearest rival being Mike Nicholson (Kendal) in 3:16:54. The **Barnoldswick Fell Race** (C: 5 miles: 850ft) up Weets Hill on August 17th was won by Martin Dell (Leeds City) in 27:29, with 1974 winner John Temperton (A&SV) second in 27:43 and John Calvert (Blackburn) third in 27:53.

A slight element of luck determined the result of the **Burnsall Fell Race** (A: 1½ miles: 872ft) the following Saturday. Mike Short was first to the top and led on the steep descent over rock and heather, but was overtaken by Ray Rawlinson (Unattached) about two-thirds of the way down the long intake field below. In the smaller field leading to the finish, however, the Rossendale lad fell, allowing Mike to pass him and achieve a 4sec victory with a time of 13:16.

The second event of the season to be run from Fort William was the **Meall An T-Suidhe Hill Race** (A: 5 miles: 2,322ft), which took place on August 23rd. The local lads of Lochaber AC again dominated the proceedings, as in the Half Ben, with seven runners in the first ten, headed by Finlayson (31:19), Charlie Jarvie (33:26) and Alan MacRae (33:33).

John Calvert won the **Pendleton Fell Race** (B: 3½ miles: 850ft), near Clitheroe, on August 30th in 22:53, and the same day witnessed yet another victory for Brian Finlayson, who knocked 20sec from Jeff Norman's 1973 record of 19:29 for the **Achmony Hill Race** (B: 4 miles: 500ft) at Glenurquhart Highland Games. Mel Edwards piped his Aberdeen clubmate, Graham Laing, by 2sec to gain second in 19:32. September 6th was a rather disappointing day for Finlayson, however, for he could only manage fourth place in his local 'big one'—and, indeed, one of the highlights of the whole fell racing season—the **Ben Nevis Race** (A: 10 miles: 4,418ft). Harry Walker reached the summit first and was in front on the descent, but it was ex-fell champion Dave Cannon, now road-running for Gateshead, who was first home in 1:29:58, followed by Mike Short (1:30:21), Walker (1:30:38) and Finlayson (1:32:50).

Joss Naylor secured his seventh win in the **Vaux Mountain Trial** (A: 19 miles: 8,000ft) on

September 14th by completing the gruelling course in 4:37:45. Pete Walkington and Allen Walker (Kendal) repeated their 1974 achievements in this event by finishing second (4:47:25) and third (4:51:54) respectively. The Newfield Inn at Seathwaite in the Duddon Valley provided the venue on this occasion, and competitors were required to visit seven checkpoints on the south-western fells of Lakeland, including those of the Conistone range. On the same day, down in east Lancashire, the **Rossendale Fells Race** (B: 8½ miles, 2,165ft) was won by John Calvert in 59:43, with Alan Spence (Bingley) second in 59:56, Ray Rawlinson third in 60:22, and course record-holder Ricky Wilde (58:40 in 1972) fourth in 60:52. The start/finish is at the modern Marls Pits Sports Centre at Rawtenstall, and the course takes in the local 'three peaks' of Cribden, Cowpe Lowe and Seat Naze.

The following Saturday Mike Short proved that his 1974 victory in the **Langdale Fell Race** (A: 16 miles: 5,000ft) was no fluke by arriving at the finish in a new record time of 2:05:38, over 4min ahead of Harry Walker (2:09:43). The latter, however, completed a successive hat-trick of wins in the **Thieveley Pike Fell Race** (A: 3½ miles: 850ft), near Burnley, on September 27th by traversing the rain-sodden, windswept course in 20:42, thereby missing Cannon's 1972 record by 47sec. Mike Short fell and dislocated his shoulder on a particularly treacherous part of the descent, but bravely carried on to pip Ray Rawlinson for second by

TONBRIDGE ATHLETIC CLUB OPEN 10 MILE ROAD RACE

(Under A.A.A. Laws)

SATURDAY, MARCH 20th, at 3.00 p.m.

Awards: First 6 Ind., first 3 Teams (4 run, 3 score), first unplaced 'B' Team after 'A' Team, first Veteran. **Entry Fee:** 25p per Ind., on AAA forms. Teams must enter as Inds. **Entries** to B. Curtis, 44 Cranford Road, Tonbridge, Kent, by 11th March, 1976.

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

Sunday, March 21st, 1976

Sponsored by Camborne-Helston Sports

Start: 14.00 Helston Sports Shop

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

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

a fraction of a second in 21:05. On the same day, the Scottish season came to a close with Mel Edwards winning the **Knockfarrel Hill Race** (C: 6 miles) in 36:14 from Ian Johnston (Inverness), 36:21.

The **Three Towers Race** (B: 20 miles; 2,640ft) over the East Lancashire Moors on October 19th reached its climax in a thrilling struggle for supremacy on the final descent from Holcombe Tower to the finish in the fields below. The runners involved were Colin Robinson (Rochdale) and Ricky Wilde, and it was the latter who finally won by a mere second with a time of 2:01:19.

Ennerdale was chosen as the venue for the 1975 **Karrimor Two-Man Two-Day Mountain Marathon** (Elite Class: 49 miles; 15,900ft) on October 25th/26th, and while the first day was mainly clear and sunny, the second was cursed with low clouds and raw winds: just the kind of weather the organisers pray for, in fact, in order to fully test the competitors' navigational skill and endurance. Joss Naylor, running over what is virtually his home ground, was partnered by the equally knowledgeable Pete Walkington, and they emerged worthy winners with a time of 13:45:10, followed by Mike Gilbert/Joe Sherriff in 15:21:38, and Mike Short/Jeff Norman in 16:33:45.

October 26th was also the date of the **Gale Fell Race** (C: 4½ miles; 725ft) from Littleborough in East Lancashire. The winner was J. Griffiths (Tip-ton) in 23:54, with Ron Hill (Bolton) second in 24:28. A clear, moonlit night, with much of the notoriously boggy terrain frozen over, resulted in some fast times being recorded in the **High Peak Marathon** (42 miles; 6,000ft) for four-man teams on November 21st/22nd. The Rucksack Club (Ted Dance, Mike Cudahy, John Richardson, John Jackson) were once more the victors with a time of 10hr 22min, beating Clayton-le-Moors Harriers



A spot of 'cheating' during a burn-up between Mike Murphy (Salford) left, and Peter Walkington (Blackburn) at the end of the Three Towers course. Walkington finished 26th, beating Murphy by one second with a time of 2:16:56.

W. R. Smith

'A' (Alan Heaton, Roman Halenko, Jim Loxham, Bill Smith) by 6min. Also on November 22nd, Ray Rawlinson defeated Harry Walker in the **Blisco Dash** (A: 5 miles; 2,000ft) from the Old Dungeon Ghyll, Langdale, to the summit of Pike O'Blisco and back. Next day, in thick mist and driving rain, the **Copeland Chase** (8½ miles) from Ennerdale, was won in 1:43:38 by Mike Pearson (Keswick), with Allen Walker second and Harry Walker third.

The bleak, rugged moors of the High Peak were the setting for another bogtrotting classic on December 7th, when Richard Plumb (Combined Harvesters OC) won the **Marsden-Edale Trog** (25 miles) in 3hr 2min, ahead of Graham Berry (Unattached), 3:03, and John North (Clayton-le-Moors), 3:05.

The season ended on December 27th with Harry Walker setting a new record of 21:18 for the steep **Wansfell Race** (3 miles; 1,400ft) from Ambleside. In second place was Ian Roberts (Holmfirth).

In 1976 there will be 32 'A' Category events, out of which the best ten performances of each runner will count. The extra nine are made up of new events and up-graded 'B' races: Edale, Kentmere, Saddleworth, Pen-y-ghent, Kinniside, Ingleborough, Eildon, Blisco and Wansfell.

The date of the Notts 10M Road Race has been altered to Sunday, Sept. 12th to avoid clashing with the Midland Marathon at Rugby. A women's open 2½M Road Race will also be held for the first time—details later.

CASTLE ROCK

GIRLS CROSS COUNTRY RELAYS

SATURDAY, MARCH 27th, at 2 p.m.

4 x 1 Mile Races for 11, 12 & 13 year olds. Medals: 3 school teams each event. Details, etc., Mr J. Paddick, Castle Rock High School, Coalville, Leics. Under AAA Laws.

SWINDON ATHLETIC CLUB

19th Annual

ROAD RELAY RACE

6 x 3M 270y (Under A.A.A. Laws)

SATURDAY, MARCH 20th, at 2.30 p.m.

From Churchfields School, Salcombe Grove, off Upham Road, Swindon
ALSO

YOUNG ATHLETES ROAD RACE

Under 18 on 1.9.75—6 run, 3 score

Valuable Prizes all events

Entry Fees: £1.00 Senior, 80p Y.A. Teams
Entries to W. A. Townsend, 280 Cricklade Road, Swindon, Wilts SN2 6AY.

ENTRIES CLOSE WED., MARCH 10th

LETTERS

GOOD WORK BY WILF PAISH

Dear Sir,

May I refer to 'AW' dated January 24th, and to the section 'Who's Who in British Athletics'.

On reading page 22 I am by no means happy with the implications of my own statement . . . after retirement will stay in athletics "to coach event properly and to discount today's methods of training in the UK by top coaches". Perhaps you will allow me to clarify.

I have learned a great deal about coaching and coaching methods throughout the world, and it is my intention to pass on as much as I can to other throwers in the UK, especially when I retire from international competition. I really don't have any intention of discounting today's methods of training but perhaps to seek to modify them, and to work closely with those senior throws coaches under National Coach Wilf Paish, a man who has often given me sound advice, in raising the general standards of shot putting in the UK. There is a great deal of good work being done by Wilf Paish and it is my intention to do everything I can to help.

Geoffrey Capes

GUINEA PIGS REQUIRED

Dear Sir,

May I through your columns ask for the help of athletes and former athletes in some research which may be of direct benefit to them later in life.

We are all well aware that training, and particularly training for middle and long distance events, results in a lowering of the resting pulse rates. Although this is a common finding, the fact is of some interest and has caused some surprise amongst cardiologists. Indeed a low resting pulse rate if found in a patient with a heart disease later in life is considered to be a bad sign.

Obviously if the patient had a low resting pulse rate before the relevant heart attack the cardiologist might view the situation very differently.

At this present time I am investigating this problem with the cardiology department of the local hospital. We have shown that athletes tend to have lower pulse rates during their active career than do non-athletes and have proved that training can bring about a lowering of the resting pulse rate. However we need to know what happens to the pulse rate after training has stopped, and in particular if former athletes, particularly middle and long distance runners, do have lowered resting pulse rates later in life.

It occurs to me that many present and former athletes read your magazine and might be willing to help in this rather important research. All we would ask is that they would send us some very simple information: **Former athletes.** 1) Their present age. 2) The age at which they ceased training. 3) Their former event. 4) Their resting pulse rate when an active athlete (if known). 5) Their

present pulse rate. (Taken in bed before rising and measured over a full minute.) 6) If they would be willing to come to Exeter for laboratory tests of a simple nature. **Present active athletes.** 1) Their present age. 2) Their event. 3) A brief summary of their present training. 4) Their resting pulse rate (measured as above).

Any help received will be gratefully acknowledged.

Peter Travers

(Convenor of Medical Sub-committee, BAAB)

Write to: Dr P. R. Travers, MB, BS, DPhysMed, St Luke's College, Exeter, EX1 2LU.

BARNESLEY MARATHON

Dear Sir,

I was sorry to read in 'AW' (January 31st) Malcolm Mountford's report in which he says that the Barnsley marathon course was not properly marked. It was most unfortunate that Malcolm and Barry Watson went wrong so close to the finishing line. I would like to give praise to Barnsley RRC for their marking of the course in such shocking conditions (freezing fog for most of the race) and hope that Malcolm and Barry return next time for what I regard as a great marathon. It was also a tonic to see so many spectators lining the course in the freezing cold. I am sure there will be no wrong turnings this year.

Kenneth Shaw,

Cambridge Harriers

(Other letters held over)

INDUSTRIAL & BUSINESS HOUSES NATIONAL CROSS-COUNTRY CHAMPIONSHIPS

At Middlesbrough, February 1st

- | | |
|---|-------|
| 1. M. McLeod (Self Employed) | 25:51 |
| 2. I. Elliott (Border Knitwear) | 26:01 |
| 3. A. Gerrard (ICI) | 26:48 |
| 4. R. Harrison (MJC) 26:57; 5. P. Harker (Thorn) | |
| 27:21; 6. J. Golder (BkoS) 27:21; 7. J. McCarthy | |
| (NEAL) 27:30; 8. J. Hillen (CC) 27:34; 9. M. | |
| Short (HS) 27:35; 10. M. Bateman (SS) 27:37; | |
| 11. C. Vaux (NEAL) 27:40; 12. M. Morrell (NP- | |
| V) 27:44; 13. R. Chaisty (LV) 27:54; 14. A. | |
| Samuel (BN) 28:00; 15. P. Barker (CP) 28:08; 16. | |
| T. Rooke (ICI-V) 28:12; 17. D. Dixon (SS) 28:17; | |
| 18. L. Horlock (TUP) 28:21; 19. D. Coker (New) | |
| 28:30; 20. N. Jerome (BSC) 28:34; 21. D. Welsh | |
| (LFE) 28:42; 22. J. Rodgers (New) 28:43; 23. B. | |
| Kemp (ICI) 28:45; 24. A. Combes (Clev) 28:46; | |
| 25. J. Edwards (WLS) 28:47; 26. M. McGann | |
| (ICI) 28:49; 27. T. Flory (Wim) 28:53; 28. S. | |
| Winter (BSC) 29:01; 29. J. Williams (Clev) 29:07; | |
| 30. A. Patterson (ICI) 29:12. 231 finished. Teams: | |
| 1. ICI 68; 2. Cleveland Education Auth 143; 3. | |
| Sunderland Shipbuilders 164; 4. Border Knitwear | |
| 177; 5. BSC 179; 6. ICI 'B' 189; 7. Cleveland | |
| Police 199; 8. Newcastle-on-Tyne Council 233; 9. | |
| TBA Ind Prod (Lancs) 268; 10. North East Ass | |
| of Lawyers 270. (Vets team): Northern Police | |
| (Merseyside). | |

MIDLAND WOMEN'S CC contd. from page 2

(Cann) 11:34; 23, W. Phillips (Shrew) 11:34; 24, P. Flannery (Sol) 11:34; 25, C. Clarke (B'field) 11:34; 26, J. Hemmings (Leam) 11:37; 27, S. Backwell (Bris) 11:38; 28, J. Lawton (War) 11:39; 29, C. Atkinson (B'field) 11:40; 30, C. Mason (B&R) 11:42; 31, L. Savage (Bris) 11:45; 32, S. Evans (Shrew) 11:47; 33, J. Reed (B'field) 11:49; 34, L. Bullock (Bris) 11:50; 35, J. Bates (Stoke) 11:50; 36, A. Gash (Notts) 11:50; 37, L. Gibson (Durs) 11:54; 38, A. Lee (Leic) 11:56; 39, D. Machin (Leic) 11:57; 40, J. Bird (Leic) 12:01; 41, W. Wendy (West) 12:03; 42, E. Boyd (B&R) 12:07; 43, W. Joy (Notts) 12:09; 44, R. Heathcock (Dud) 12:11; 45, L. Kemp (Shrew) 12:12; 46, D. Wade (Notts) 12:14; 47, M. Tamlin (W&B) 12:15; 48, S. Moss (Notts) 12:18; 49, J. Goyner (Leam) 12:19; 50, J. Shipley (Cov) 12:20. **Teams:** 1, Stoke 55; 2, Leicester 56; 3, Cannock 69; 4, Bristol 81; 5, Bromsgrove & R 92; 6, Notts 96; 7, Birchfield 155; 8, Shrewsbury 166; 9, Dursley 195; 10, Coventry 202; 11, Leamington 218; 12, Rugby 248; 13, Wolverhampton & B 250.

Girls

1, S. Whitehead (Halesowen) 9:29
2, F. Crothers (Cannock) 9:43
3, E. Sinclair (Bristol) 9:46
4, J. Smith (Cann) 9:52; 5, D. Curtis (Leic) 9:57;
6, E. Lea (Cann) 10:02; 7, W. Adams (B&R) 10:03; 8, L. Whitehead (Hales) 10:03; 9, M. Jones (Bris) 10:03; 10, M. Lewis (Burt) 10:06;
11, J. Boys (West) 10:09; 12, S. Dallas (Stoke) 10:10; 13, D. Miller (Bris) 10:11; 14, K. Pinkerton (Here) 10:13; 15, K. Batchelor (Cann) 10:16; 16, M. Johnstone (Leic) 10:22; 17, C. Nuttall (West) 10:23; 18, S. Ryan (Bris) 10:24;
19, C. MacCloud (Cov) 10:29; 20, M. George (Stoke) 10:32; 21, K. Kenyon (Stoke) 10:33; 22, T. Gough (War) 10:35; 23, H. Moreton (Cann) 10:43; 24, M. Burgin (West) 10:44; 25, M. Wiltshire (West) 10:45; 26, K. Davies (West) 10:46;
27, T. Scrivins (Notts) 10:47; 28, J. Blackwell (Notts) 10:47; 29, D. Foster (Cann) 10:47; 30, M. Sharpe (West) 10:49; 31, A. Harris (Worc) 10:50; 32, H. Pinches (Cann) 10:50; 33, D. Turner (Stoke) 10:55; 34, E. Crangle (Worc) 10:56; 35, D. Ingram (W&B) 10:57; 36, A. Murphy (B'field) 10:58; 37, P. Bradshaw (B'field) 10:59; 38, J. Fox (Durs) 11:02; 39, D. Hoare (West) 11:03;
40, B. Jones (Hales) 11:04; 41, T. Rosser (West) 11:05; 42, K. Chawner (Stoke) 11:09; 43, A. Trevorsari (B'field) 11:11; 44, J. Lloyd (Here) 11:12; 45, J. Swain (B'field) 11:13; 46, B. Williamson (Stoke) 11:13; 47, D. Fox (Bris) 11:14; 48, S. Kiernan (Cov) 11:16; 49, R. Oakley (Dud) 11:17; 50, M. Crisp (Leic) 11:18. **Teams:** 1, Cannock 27; 2, Bristol 43; 3, Westbury 77; 4, Stoke 86; 5, Halesowen 112; 6, Leicester 130; 7, Birchfield 161; 8, Westbury 'B' 210; 9, W&B 220; 10, Hereford 232; 11, Royal SC 250; 12, Dudley 280; 13, W&B 'B' 319.

Detailed coverage of the International CC in next week's issue.

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STAFFORD ATHLETIC CLUB

'MILFORD 21'

21 Miles Cross Country Under AAA Laws

Sponsored by G. Rhodes Ltd. (Renault Dealers)

SUNDAY, 21st MARCH, 1976, at 11 a.m.

Entry 30p Individual to M. Whittaker, 33 Compton Road, Stafford, ST17 0BS, by 6th March. SAE for programme. Prizes £10, £6, £4, £3, £2, Vet £4. Certs all within 3 hours.

CLASSIFIED ADVERTISEMENTS

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

STOPWATCHES. Latest electronic & mechanical models. Accusplit III, Cronus I & II. Omega, Heuer etc—Splits & Basics. Details from **Dept. A.W. AUTOCHRON 70, 15 Westow St, Crystal Palace, SE19 3RY.** Tel: 01-653 8214. Open 9—5.30 Mon—Sat (closed Weds). Callers welcome.

ADIDAS 3 STRIPE 'T' SHIRTS—WHITE/NAVY — YELLOW/NAVY — SKY/NAVY — ORANGE/BLACK—RED/WHITE. Sizes 26"/28"—30"/32" £2.00 each or £22.00 per dozen. Sizes 34"/36"—38"/40"—42"/44" £2.50 each or £27.50 per dozen. **POST FREE** from Capital Sports, 136 St. Albans Road, Watford. Telephone Watford 39307.

ATHLETIC EVENTS

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

UXBRIDGE & DIST. LADIES A.C.

Garland Trophy Ladies' Road Relays

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

SUNDAY, 28th MARCH, 2 p.m.

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

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

LEIGH HARRIERS & A.C.

Eighth Annual

'J. DICKINSON' MEETING

SATURDAY, MARCH 27th, at 1.30 p.m.

Leigh Athletic Ground, Charles St., Leigh
(Under AAA & ECCU Rules)

'J. DICKINSON' 6 MILE OPEN RACE
3 p.m. 'J. Dickinson' Trophy for winning team.

Entry: 60p Team, Inds. 25p. **Prizes:** 1st 3 Inds, 1st 3 Teams, Vets O/40, O/50.

'F. BROWN' 2 MILES BOYS RACE 2 p.m.
(O/13 & U/15 1.9.75) 'F. Brown' Trophy for winning team. **Entry:** 50p Team, Inds. 20p. Medals 1st 3 Inds., 1st 3 Teams.

'A. FARRIMOND' 1½ MILES COLTS RACE
1.45 p.m. (U/13 1.9.75) 'A. Farrimond' Trophy for winning team. **Entry:** 40p Team, Inds. 15p. Medals 1st 3 Teams.

YOUTHS & JUNIOR 4 MILES RACE 2.20 p.m. (O/15 & U/20 1.9.75) **Entry:** 50p Team, Inds. 20p. **Medals:** 1st 3 Inds., 1st 3 Teams. All competitors in Team races must enter as Individuals. (6 run, 4 score).

Entries on A.A.A. forms to C. F. Madeley, 3 North Brown Street, Leigh, Lancs. (71384 Day, 73500 Evenings) by March 13th. No Late Entries.

CHELTENHAM & COUNTY H. OPEN CROSS-COUNTRY RACES

(Under AAA Laws & ECCU Rules)

SATURDAY, MARCH 6th, 1976

From Arle School, Cheltenham, at 2pm

SENIORS 5 MILES

YOUTHS, BOYS 3M, COLTS 2M

Prizes first 3 Ind, Winning Teams (4 to score) & 1st Vet. Also 2nd & 3rd Teams if good entry.

Fees: 30p Seniors, 20p others, per ind. No team fees. **Entries:** S. Collins, 30 Hatherley Lane, Cheltenham, Glas. (0242-37309) by March 1st.

Attention

ALL SURREY ATHLETES

BOOK THESE DATES

IN YOUR DIARIES:

Saturday, May 1st: County Relays/Individual events—Motspur Park.

Saturday, May 15th: County Championships—Finals—Motspur Park.

Sunday, May 23rd: Surrey v S.C.A.A.A. (U/20) v British Police—Crystal Palace*.

Sunday, May 30th/Monday, May 31st: Inter-Regional Championships—Crystal Palace.

Wednesday, June 30th: Surrey v Army v Civil Service—Military Stadium, Aldershot (evening)*.

* New Fixtures

To help us select the best teams, would any athlete of county standard, newly eligible to represent Surrey or who has changed address within the last 12 months, please let me know—soon!

John Vernon, Team Manager, 26 Cheyham Way, Cheam, Surrey.

MANCHESTER ATHLETIC CLUB PRESENTS

THE M.A.C. CROSS COUNTRY RACES

(Under A.A.A., E.C.C.U. and W.C.C. & R.W.A. Rules)

SUNDAY, 11th APRIL, at 1.00 p.m. WOODBANK PARK, STOCKPORT, CHESHIRE

One of the finest cross country courses in the North of England, over parkland, woodland and heath

U/11 Young Colts

1½ Miles

U/13 Colts

2 Miles

U/15 Boys

3 Miles

U/17 Youths

4 Miles

Senior Men

6 Miles

U/11 Young Girls

1½ Miles

U/13 Girls

1½ Miles

U/15 Junior Ladies

2 Miles

U/17 Inter. Ladies

3 Miles

Senior Ladies

4 Miles

First class plaques and medals to 1st 3 Ind., 1st 3 Teams and 1st 'B' Team in each race. (4 to score). Also perennial Cups/Trophies/Shields in each race. **Entry fees:** 30p per Ind. Senior Men and Ladies, 20p all others. No Team fee. **Entries close 24th March** (late entries accepted at double fee). Changing accommodation at Goyt Bank School, The Fairway, Offerton, Stockport. Ample car parking. Children's play areas. Race commentary. Refreshments. **Entries** on AAA forms, and further details (SAE) to Mr B. Ware, 305 Stockport Road, Marple, Cheshire. Tel: 061-427 2651.