

July 3rd 1976 Vol. 30 No. 27

a

weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

athletics

INSIDE

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—by Ivan Berenyi
- ★ **Northern & Welsh**
Championships
- ★ **National 20 Miles**
Walk Championship
- ★ **Overseas News**
and Results



CHRIS BLACK,
who broke the
UK hammer
record last
weekend.

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Jeff Griffiths Shines In Welsh Champs.

AN outstanding 400 run by Jeff Griffiths, a good sprint double by Dave Roberts and championship bests from Ted Kelland in the discus and Gareth Brooks in the javelin were the highlights of the Welsh Senior Championships at Cwmbran on June 20th.

Griffiths, only 19, clipped exactly one second off his best with 47.1—the 4th fastest ever by a Welsh athlete, and high on the UK junior all-time list. He entered the straight a few metres down on Andy Williams, but he made a terrific effort over the last couple of strides to win by one-tenth from Williams, who recorded his fastest time since his big year in 1972. Good flat form, too, from third placed Colin O'Neill, whose 47.8 was a personal best. It's a pity that Griffiths doesn't intend devoting all his time to athletics—his first love is rugby—for he has tremendous potential, and the mind boggles as to what he could be capable of with a good winter of specialist athletics training behind him.

There was a good all-round standard in the sprints—particularly in the 100, where Dave Roberts regained the title with an extremely easy looking 10.5. He returned later to take the 200, into the wind, in 21.8. The expected challenge from Berwyn Price in the 200, due to his 21.7 clocking in Dublin recently, didn't materialise. In fact he was hard pressed to hold off Welsh junior champion Gerald Hedges, both athletes being timed at 22.3.

Clive Williams

100 (+2.2): 1, D. Roberts (Card) 10.5; 2, V. Martindale (Bris) 10.8; 3, G. Edwards (New) 10.9; 4, G. Hedges (Croes) 10.9; 5, B. Price (Card) 10.9; 6, P. Evans (RAF/Card) 11.0; 7, K. Davies (W&B) 11.1. **200 (-2.6):** 1, Roberts 21.8; 2, Price 22.3; 3, Hedges 22.3; 4, Martindale 22.5; 5, P. Evans 22.6. **400:** 1, J. Griffiths (Swan) 47.1 (Welsh Jnr rec & CBP); 2, A. Williams (Card) 47.2; 3, C. O'Neill (Bris) 47.8; 4, W. Leyshon (Card) 49.6; 5, S. Evans (Bris) 50.1. **800:** 1, A. Roper (Swan) 1:55.7; 2, A. Evans (Newp) 1:56.7; 3, K. McGeoch (Wyc) 1:58.6. **1500:** 1, G. Davies (Bris) 3:50.6; 2, J. Theophilus (Swan) 3:51.6; 3, P. Corney (Port) 3:57.0. **3000SC:** 1, P. Griffiths (Tip) 8:57.0; 2, R. Davies (Swan) 9:46.0; 3, A. Jefferies (Swan) 9:52.6. **5000:** 1, D. Hopkins (New) 14:10.0; 2, P. Ratcliffe (Card) 14:22.2; 3, B. Donovan (Card) 14:32.6. **110H:** 1, T. Bidder (Card C) 16.4; 2, N. Lloyd (Card C) 16.8; 3, C. Davies (Newp) 17.1. **400H:** 1, O'Neill 52.8; 2, Leyshon 54.2; 3, L. Godfrey (WS&E) 55.6; 4, C. Davies (New) 56.0; 5, E. Phillips (Liv) 57.5. **3000W:** 1, J. Thomas (W Gn) 13:59.2; 2, M. Stacey (Bris) 15:21.0. **HJ:** 1, G. Griffiths (Glos) 1.98/6'6"; 2, D. Fishwick (Card) 1.85/6'0¼"; 3 eq, S. Brock (Card) & C. Jones (Card C) 1.85. **LJ:** No competitors reported! **TJ:** 1, J. Phillips (Card) 15.05/49'4¼"; 2, S. Power (Card) 14.77/48'5½"; 3, M. Lucas (Card) 14.45/47'5". **SP:** 1, P. Rees (Card) 16.16/53'0¼"; 2, E. Kelland

(RM) 15.89/52'1¼"; 3, R. Jones (Card) 14.53/47'8"; 4, J. Walters (Card) 13.37/43'10½". **DT:** 1, Kelland 49.46/162'3" (CBP); 2, Rees 47.36/155'4"; 3, Walters 42.22/138'6". **HT:** 1, N. Lia (Card) 53.74/176'4"; 2, Rees 52.60/172'7"; 3, Kelland 46.12/151'4"; 4, P. Jones (Afon T) 45.40/148'11"; 5, M. Eaton (Card) 43.10/141'5". **JT:** 1, G. Brooks (Card) 64.38/211'3" (CBP); 2, P. Ramsay (W&B) 61.42/201'6"; 3, W. Carey (Aber) 60.04/197'0"; 4, G. Jenkins (Card C) 59.94/196'8". **(Youths) 3000:** 1, C. Clarkson (Swan) 8:43.2 (Welsh rec & CBP); 2, A. Cummings (Card) 8:49.4; 3, K. Gallivan (Bishop G) 9:01.2. **Pentathlon:** 1, O. Sussex (West) 2698; 2, M. Brinkworth (Card) 2238; 3, N. Jones (Carm) 2119.

Highgate Harriers Open Meeting

(Under AAA & WAAA Laws)

At Parliament Hill

Sunday, 1st August, at 2.30 p.m.

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Women:

Senior 100m, 200m, 400m, 800m, 3000m, H.J., Javelin, Discus.

Inter. 100m, 200m, 1500m, 80mH, L.J., Javelin, Discus.

Junior 100m, 200m, 1500m, 75mH, H.J., Discus.

Under-13 800m.

Men:

Senior 800m (standard 1:57.0)

Youths 1500m (standard 4:21.0)

Entries: 25p per event, all others 20p per event.

Send to Mrs J. Coughlan, 19 Hill Crest, Hill Rise, Potters Bar, Herts., giving name, address, age, club, events and best recent performance. (s.a.e. for timetable).

CLOSING DATE: SATURDAY, 24th JULY
Late entries not accepted

ATHLETICS WEEKLY

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OLYMPIC WHO'S WHO

Next week's issue will include a fact-filled guide to Britain's Olympic team.

THE WEEK AHEAD

Saturday, July 3rd: UK v Poland v Canada (1st day), Crystal Palace; NI Champs (Part) (2nd day), Mary Peters Track; BUSF Champs (2nd day); Royal Navy Junior Champs (2nd day); Welsh Schools Champs; Midland 50km Walk Champs, Sutton Coldfield; Southern League; Midland League; Northern League; Kent League; Southern Women's League; Milton Keynes International Marathon; Wimborne Carnival '10' (Inc Dorset Champs); Skelton & Brotton Carnival 8½ Mile Road Race; MONC '10' & Vets Road Race, Dronfield; Annan Riding of the Marches 12 Mile Road Race; Six-Counties Inter-Schools Meeting, Northampton.

Sunday, July 4th: UK v Poland v Canada (2nd day); Scottish League; Scottish & Newcastle Women's League, Darlington; Luton United Trophy Match; Northern Vets Champs, Cleckheaton; Isle of Wight Champs, Ryde (Inc Open events); Skiddaw Fell Race, Keswick; Hyde '8'; Winsford '7'; Nan Brown Trophy Meeting, Croydon; Vets AC Track Champs, Battersea; Young Athletes League.

Wednesday, July 7th: Inter-Services Champs, Aldershot; TVH Open Meeting, West London; Open Meeting, Cwmbran.

Thursday, July 8th: Army Inter-Unit Champs, Aldershot.

Friday, July 9th: English Schools Champs, Cannock (1st day); LAC Schools Meeting, West London; Army U/20 Champs, Aldershot (1st day).

INCREDIBLE 1500 BY KAZANKINA

Tatyana Kazankina (24) removed no less than 5.4 sec from Lyudmila Bragina's celebrated world record when she clocked the phenomenal 1500 time of 3:56.0 (worth around 4:14 for a mile) in Moscow on June 28th! Raisa Katjukova was 2nd in 3:59.8, Bragina 3rd in 4:02.6.

UNFAIR TO BERNIE FORD

All of the many letters received on the subject of the selectors' policy of leaving the third place in the 10,000 open have been highly critical; the common opinion is that Bernie Ford should have been selected in the first instance.

Stop press: Ford selected.

Cover photo by George Herringshaw

Another Fine Match At Loughborough

THE 18th meeting between the AAA and Loughborough Colleges (now Loughborough Students AC) Past and Present at Loughborough on June 17th had, once again, that certain something—perhaps most adequately expressed by student chairman of LSAC Martyn Shorten in the programme as “the unique atmosphere that surrounds this annual encounter”. The evening was fine and windless, although rain during the day had made the cinder track very heavy. The added spice to this year's event was the presence of four members of the Olympic team and a few striving desperately to gain this honour at the 11th hour.

Shaun Adair reports

In the hammer, Paul Dickenson, already booked for Montreal with Chris Black, again demonstrated his superiority with four valid throws over 70m and a best of 71.38. Behind him, two former record holders and unselected aspirants had varying degrees of success. Ian Chipchase again exceeded the Olympic qualifying mark of 69.00 with his third round throw of 69.40, but Barry Williams, as in the Kraft Games, could not gain control of his balance and with four fouls (one well in excess of 69m) he bowed out with a best of 67.90.

Two more meeting records fell in the discus and shot. Bill Tancred, striving to join brother Peter in Montreal, showed obvious delight with his fourth round throw of 61.20, followed up by another effort over the all-important 60m mark (60.14). Colin Sutherland was second with 54.98, beating Mike Cushion's 54.04. This was especially good throwing in the total lack of wind.

Geoff Capes has been delighting the crowds at this meeting since 1969 when he won the event with 17.24. He slipped to third place at Loughborough in 1970, but since then has been a winner with the following performances: 1971—18.35, 1972—19.27, 1973—19.95, 1974—20.41 and 1975—20.19. This year the crowd was anxiously watching a blue line placed at 21m and Geoff almost obliged with a workmanlike series of 20.69, 20.68,

20.59, 20.18, 20.89 and 20.38. His average was 20.57, a notable improvement on last year's meeting record, and his protegee Bob Dale took second spot with 17.96. Steve Pegler won the long jump with 7.10/23'3½" but the result sheet will not show his potential as demonstrated by no-jumps measured at 7.52, 7.34 and 7.14.

Statistically, track performances did not measure up to those in the throwing arena, doubtless due in part to the heavy track, although a moment from the past that is imprinted indelibly on my mind is the meeting record for the 400m by Robbie Brightwell, on an even heavier and waterlogged track in Olympic year 1964, when he ran 46.5 for 440 yards.

The 400m was something of a surprise as Olympic relay selection Danny Laing was soundly beaten by Ian Saunders. Laing, on the inside, started slowly, and although putting in a lot of work during the third 100m, had no chance of catching Saunders (47.6) and was pipped for second place by Steve Scutt. Bob Danville improved the meeting record in the 110m hurdles with a crisp 14.4 while Peter Kelly looked equally assured in the one lap event with 53.1 in the outside lane.

The most refreshing aspect on the track was the bold front running in so many events. Olympic 1500m selection Dave Moorcroft took over the 5000m after Brian Cole had led for a lap, passed 1km in 2:52.6 and 3km in 8:29.8 and finished full of running in 13:58.4. In the 800m, Sebastian Coe shot ahead at the gun, was some 3m up at 200m, increased this to 8m at the bell (52.5) and held this through to the tape in 1:50.7. European Junior champion, Micky Morris, was well in command by the half distance in the steeplechase, and he forged on impressively to equal his personal best of 8:54.6. Last, but by no means least, Olympic 800m aspirant Tony Settle, who the previous night at Stretford ran 1:48.4, turned on the heat in the last 120m of the 1500m to shake off Walter Wilkinson for a good win in 3:45.8.

Although the students' team edged the AAA for most of the evening, it was a little sad for the large, enthusiastic crowd that three quick 1-2 wins



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Dave Moorcroft setting a personal best of 13:58.4 for 5000 in the Loughborough match.

George Herringshaw

for the visitors gave them an unassailable lead by the time the relays brought to an end a most enjoyable evening's entertainment.

100: 1, G. Overend (A) 10.9; 2, R. Kennedy (A) 10.9; 3, V. Viljahlmsson (L) 11.0. **200:** 1, G. Armstrong (L) 21.9; 2, D. Artley (A) 22.0; 3, Kennedy 22.1; 4, P. Borret (L) 22.5. **400:** 1, I. Saunders (L) 47.6; 2, S. Scutt (L) 48.4; 3, D. Laing (A) 48.6. **800:** 1, S. Coe (L) 1:50.7; 2, J. Greatrex (L) 1:51.8; 3, K. O'Meally (L) 1:52.8; 4, D. Palmer (Gst) 1:53.4; 5, G. Joakimsson (Gst) 1:54.0. **1500:** 1, A. Settle (Gst) 3:45.8; 2, W. Wilkinson (A) 3:46.3; 3, M. Knowles (Gst) 3:46.9; 4, T. Colton (Gst) 3:47.8; 5, R. Callan (Gst) 3:48.7; 6, A. Gerard (A) 3:49.0; 7, J. Cadman (Gst) 3:49.9; 8, D. Ainslie (L) 3:49.9; 9, P. Williams (L) 3:52.5; 10, S. Carter (Gst) 3:53.0; 11, J. Didrikson (Gst) 3:54.0. **5000:** 1, D. Moorcroft (L) 13:58.4; 2, B. Cole (L) 14:10.2; 3, P. Norrel (Gst) 14:11.6; 4, N. Lees (A) 14:23.8. **3000SC:** 1, M. Morris (A) 8:54.6; 2, S. Mitchell (L) 8:59.6; 3, W. Domoney (A) 8:59.6; 4, A. Nickoll (L) 9:33.4. **110H:** 1, R. Danville (A) 14.4; 2, A. McKenzie (L) 14.5; 3, Mainwaring (Gst) 15.1; 4, A. Shaw (A) 15.6; 5, K. Henshall (L) 15.8. **400H:** 1, P. Kelly (A) 53.1; 2, McKenzie 53.9; 3, C. Preston (A) 55.0; 4, I. Boulton (L) 57.7. **HJ:** 1, I. Grant (L) 1.98/6'6"; 2, M. Shorten (L) 1.95/6'4"; 3, A. Shaw (A) 1.90/6'2"; 4, A. Ord (A) 1.90. **PV:** 1, R. Goodall (A) 4.60/15'1"; 2, C. Boreham (A) 4.30/14'1"; 3, T. Gardener (L) 4.20/13'9". R. McFarquahar (L) & A.

Williams (Gst) no ht. **LJ:** 1, S. Peglar (A) 7.10/23'3"; 2, McKenzie 7.07/23'2"; 3, K. Brown (L) 6.84/22'5"; 4, Danville 6.67/22'2". **TJ:** 1, J. Slaney (A) 15.25/50'0"; 2, N. Stoppard (A) 14.99/49'2". **SP:** 1, G. Capes (A) 20.89/68'6"; 2, R. Dale (A) 17.96/58'11"; 3, I. Lindley (L) 15.65/51'4"; 4, S. Biddle (L) 14.87/48'9". **DT:** 1, W. Tancred (L) 61.20/200'9"; 2, G. Sutherland (A) 54.98/180'4"; 3, M. Cushion (Gst) 54.04/177'3"; 4, R. Slaney (A) 51.48/168'11"; 5, G. Dirkin (L) 48.74/159'11". **HT:** 1, P. Dickenson (A) 71.38/234'2"; 2, I. Chipchase (A) 69.40/227'8"; 3, B. Williams (L) 67.90/222'9"; 4, J. Whitehead (L) 67.72/222'2"; 5, M. Pidsley (Gst) 47.08/154'5". **JT:** 1, D. Heath (A) 65.94/216'4"; 2, G. Brooks (A) 65.58/215'2"; 3, J. Trower (L) 61.62/202'2"; 4, N. Wade (L) 56.42/185'1"; 5, J. Ferrary (Gst) 59.62/195'7". **4 x 100:** 1, AAA 42.0; 2, Loughborough 42.6. **4 x 400:** 1, Loughborough 3:19.5; 2, AAA 3:20.4. **Match Result:** 1, AAA 120; 2, Loughborough 97.

Schools 4 x 100: Uppingham 46.2. **BMC Women's Invitation 800:** 1, J. Colebrook 2:11.9; 2, S. Dyson 2:12.5; 3, S. Hassan 2:13.3; 4, V. Weston 2:13.5; 5, C. Hanson 2:13.8; 6, C. Avery 2:15.0; 7, C. Biggin 2:17.0.

June 5th

Cardiff CoE 159 v Swansea H 143 v St Lukes 102, at Cyncoed. 100/400: J. Griffiths (Swan-J) 11.1/49.3. 400H: Dunnetts (St L) 57.3. SP: K. Jones (CCE) 13.70/44'11".

June 6th

Nuneaton H Carnival Meeting, at Pingles Track. 400: L. Barnett (Leam) 50.4. (Senior Women) 400: C. Avery (Dby) 58.0. 3000: Y. Rowe (Dby) 10:43.2. (Inters) 400: 1, M. Cotton (B&R) 59.6; 2, P. Flannery (Sol) 60.1; 3, J. Ainscough (Dby) 61.2. (Juniors) 1000: 1, D. Watson (Dby) 3:06.8; 2, L. Plant (B&R) 3:07.4. (Girls) 800: J. Donnelly (Card W) 2:34.9.

HECKINGTON SHOW & SPORTS

SATURDAY, JULY 24th at 1.30 p.m.

(Under AAA & WAAA Laws)

AFTERNOON EVENTS (OPEN)

Event	Prize Values			Fee
	1st	2nd	3rd	
800m Scratch	£15	£10	£5	20p
MILE SCRATCH	£25	£15	£8	20p
Ladies 800m Scr.	£12	£8	£4	15p
LADIES M SCR.	£15	£10	£5	15p
10M ROAD RACE	£12	£8	£5	Ind. 20p
	4th £4			Teams 50p
Teams (6 run, 3 score)	3 at £4, 3 at £3, 3 at £1.50.			

First Vet. O/40 on day £2.

Entries on AAA forms to D. G. Bell, 71 Church Street, Heckington, Sleaford, Lincs, NG34 9RJ.

ENTRIES CLOSE SAT., JULY 10th

BRITISH WOMEN'S LEAGUE

(Division Three)

At Leicester, May 29th

Derby 309; Feltham 298; Cambridge H 222; Leicester 211; Havering 177; Bury 167.

100: 1, E. Mander (Dby) 12.2; 2, K. Sambell (Leic) 12.3. 200: 1, D. Showler (Hav) 25.6; 2, D. Peake (Dby) 25.6. (B): Mander 25.4. 400: 1, L. Kiernan (Hav) 55.2; 2, Peake 56.4; 3, M. Coomber (Camb H) 56.6; 4, J. Rout (Felt) 57.7. (B): 1, C. Avery (Dby) 58.7; 2, R. Chettleburgh (Hav) 59.0. 800: 1, G. Penny (Camb H) 2:10.5; 2, P. Yeoman (Felt) 2:11.0; 3, C. Hanson (Dby) 2:11.0; 4, P. Reece (Bury) 2:11.4; 5, S. Johnson (Leic) 2:16.7. (B): 1, C. Avery (Dby) 2:11.6; 2, A. Ford (Felt) 2:12.8; 3, J. Allison (Camb H) 2:13.0. 1500: 1, A. Roberts (Felt) 4:25.9; 2, R. Duddle (Leic) 4:39.5; 3, Hanson 4:40.9. (B): 1, Yeoman 4:31.5; 2, Y. Rowe (Dby) 4:49.8. 3000: 1, Ford 9:38.2; 2, Penny 9:49.6; 3, P. Naylor (Hav) 10:26.0; 4, F. Oldershaw (Dby) 10:36.2. (B): J. Allison (Camb H) 9:58.2. 100H: 1, J. Eccles (Bury) 15.5; 2, J. Martin (Felt) 15.8. 400H: 1, C. Mather (Bury) 65.1; 2, S. Brooks (Felt) 66.3; 3, M. Colman (Camb H) 66.8. (B): 1, Mander 64.2; 2, Eccles 66.7. HJ: B. Gibbs (Leic) 1.65/5'5". (B): D. Grant (Leic) 1.60/5'3". LJ: K. Donovan (Felt) 5.34/17'6". SP: A. Littlewood (Camb H) 14.64/48'0". (B): V. Redford (Camb H) 11.74/38'6". DT: Littlewood 43.56/142'11". JT: 1, S. Hallam (Leic) 40.32/132'3"; 2, S. Walsh (Bury) 35.10/115'2". 4 x 100: Derby 49.9. 4 x 400: 1, Havering 3:57.1; 2, Derby 4:00.5; 3, Feltham 4:01.6. (Inters) 80H: N. McGee (Felt) 12.2. 200H: 1, T. Gahegan (Leic) 31.0; 2, F. Patterson (Dby) 31.5. (B): D. Hemingway (Dby) 31.1. (Juniors) 200: S. French (Felt) 26.2. (B): K. Almond (Felt) 26.7. 800: 1, D. Watson (Dby) 2:19.6; 2, R. Lawless (Hav) 2:21.6. (B): A. Warren (Dby) 2:25.5. 1500: 1, D. Russell (Camb H) 4:50.2; 2, Watson 4:54.2; 3, S. Lure (Felt) 5:01.8. 75H: 1, L. Cross (Felt) 11.7; 2, D. Baker (Dby) 11.8. HJ: K. Bassford (Leic) 1.57/5'1". LJ: S. French (Felt) 5.17/16'11". JT: K. Heyday (Dby) 29.32/96'2".

Competitors in the Wimborne '10' (entry of 100 including Barry Watson) are advised to either avoid Ringwood or allow plenty of time—heavy traffic jams are likely in this area.

CLEDDAU ATHLETIC CLUB OPEN TRACK & FIELD MEETING

(Under AAA Laws)

County Running Track, Haverfordwest

Saturday, July 24th, 1976

Most events for all ages providing there is sufficient demand.

Fee: 15p per person per event.

Details from Mr T. B. Rees, "Bro Dawel", Tiers Cross, Haverfordwest, Dyfed SA62 3DA.

SCOTS BREAK UK RECORDS

Two UK field event records were broken in the Scottish Championships at Meadowbank last Saturday: Brian Burgess (18) added a centimetre to the high jump mark by clearing 2.15/7'0 1/2", while Chris Black bettered Paul Dickenson's UK and Commonwealth hammer record with 73.58/241'5". Barry Williams was second with 70.98. Drew McMaster clocked the fastest 200 time of the season (20.8), 0.2 ahead of Ainsley Bennett. Other winners:

100: L. Piggot 10.3; 400: R. Jenkins 48.0 (46.8 recently); 800: P. Lawther 1:52.0; 1500: D. McMeekin 3:47.5; 5000: D. Black 13:57.6; Mar: D. Macgregor 2:24.12; 3000SC: W. Sheridan 8:58.0; 110H: R. Danville 14.0w; 400H: P. Kelly 51.9; PV: M. Bull 4.90; LJ: S. Atkins 7.34; TJ: T. Moore 14.89; SP: P. Buxton 17.32; DT: C. Sutherland 53.50; JT: D. Birkmyre 64.48; women's 100/200: H. Barnett 11.6/23.7; 400: A. Robertson 55.2; 800: E. McMeekin 2:12.0; 1500: D. Nagle (RoT) 4:25.8; 3000: C. Haskett 10:11.8; 100H: F. Macaulay 14.5; 400H: L. Brady 64.9; HJ: J. Thompson 1.68; LJ: D. Hill 6.13; SP: J. Kerr 15.00; DT: M. Ritchie 50.96; JT: S. Brodie 43.72.

COLYEAR NOW BRITAIN'S FASTEST

Sharon Colyear broke Mary Peters' UK 100m hurdles record (electrical timing) of 13.29 with a mark of 13.11 at Bydgoszcz (Poland) on June 22nd. She was 2nd to Grazyna Rabsztyń (12.69).

It was at this meet that Irena Szewinska ran the fastest 400 of all time (49.75), to clip 2/100 off Christina Brehmer's pending world record. She finished 15m ahead of Donna Murray (season's best of 51.59) . . . and also beat Sonia Lannaman over 100, 11.22 to 11.25. Annegret Richter (WG), who at Gelsenkirchen on June 27th was to equal Renate Stecher's hand-timed world record of 10.8, placed 3rd in 11.26. Other British results: 100: 2, S. Green 10.59; 200: 4, S. Green 21.46; PV: 3, B. Hooper 5.20 (Kozakiewicz 5.50); 3000SC: 4, A. Staynings 8:34.8; women's 4 x 100: 2, UK 43.72 (Poland 43.65).

RESULTS ROUND-UP

22.6. Stretford. 400: I. Saunders 47.4; 3000: L. Reilly 8:02.4. 22.6. Nottingham. SP/DT/HT/JT: W. Tancred 17.99/61.30/52.20/64.10 (!) 23.6. Budapest. 800: G. Grant 1:48.0. 26.6. Welwyn Half Marathon. B. Watson 70:23, G. Dugdale 73:17, D. Patterson 73:59, I. Thompson 74:55. 27.6. Saarijarvi (Fin). 800: 1, S. Ovett 1:50.1; 2, J. Walker (NZ) 1:50.7.

MILTON KEYNES MARATHON

An entry of 270 has been received for the Milton Keynes International Marathon today (July 3rd), starting at 3.30 from Saxon Street, opposite Stantonbury Campus. The runners include British internationals Max Coleby, Norman Deakin and Bob Sercombe.

No.1 in Olympics

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Death of Britain's Oldest Olympic Champion

FOLLOWING the death of Ernie Haley in February last year, and Fred Hulford last January, Herne Hill Harriers lost another of its most respected members on June 5th when David Jacobs died suddenly on holiday in Wales. At the time of his death, at the age of 88, he was the oldest Olympic gold medallist in Britain and possibly in the world. He had gained his success in Stockholm in 1912 as a member of Britain's 4 x 100m relay squad.

He was born in Cardiff on April 30th 1888 and at the age of 20 was a spectator at the 1908 London Olympics. This aroused his interest in athletics and towards the end of that summer he was elected an HHH member.

Four years later, Olympic selection trials took place at Stamford Bridge. Dave wanted to prove his ability over 200m without the worry of the 100m as well, so he decided to concentrate on the one distance and perhaps get a later chance to qualify for 100m selection. Dave drew the inside lane for the final but because of the rough going did not start as fast as usual; he inched up in the straight but could not catch Ernie Haley who won in 22.6. Dave's chance to justify his selection for the 100m came at Leighton Buzzard, where he faced Willie Applegarth, the Olympic trials 100m winner, and Vic D'Arcy, over 100y. His 10.2 win more than justified his claims, and the following month he won both Welsh sprint titles.

His last big competition before the Olympics was the AAA Championships on June 22nd. With only winners to go into the final, Dave was eliminated in his 100y heat by Applegarth as inches separated them in a 10.0 dash. Applegarth also accounted for Ernie Haley in the 220y heats as he ran 22.0, a time that was equalled by Jacobs. The scene was set for a great final; Applegarth drew the outside lane and Jacobs the

inside, unfortunately badly cut up after the 4 mile race. The main threat came from George Patching of South Africa who had won the 100y in 9.8 and placed second in the 440y, but who was now running his sixth race of the day. Applegarth led into the straight but with five yards to go it was anyone's race. On the line Applegarth just snatched the verdict by 2ft from Jacobs with Patching another foot behind. Once again the winner was given 22.0. Applegarth went on to gain an Olympic bronze over 200m in Stockholm.

By early June, Dave was in Sweden for the Games. First up on his schedule was the 100m heats. By winning his heat in 10.8 he equalled the Olympic record, but in a later heat Donald Lippincott (USA) ran 10.6 to equal the world record and eliminate Applegarth. The two false starts rule did not operate in those days and the Americans took full advantage to upset the other competitors in the semi finals—in one there were 11 recalls! Dave's eventually got underway but he was beaten by Alvah Mayer (USA) who went on to place 2nd in the final.

The British sprint relay team spent the next two days practising for their race on July 9th. It was decided that Applegarth would start, with Harold McIntosh running second, Dave third and Vic D'Arcy to finish. They safely progressed through the heats while the crack USA team was disqualified. In the final they were opposed by Germany and Sweden. On the first leg Applegarth opened up a 5y lead but as McIntosh passed to Jacobs the Swedes had closed up. Dave ran a great leg to hand over to D'Arcy again 5y in front, but the Germans had recovered and almost caught the Poly man as he swept through the tape. A change-over outside the box had contributed to the German comeback and as the British team collected their gold medals, Sweden



Britain's victorious sprint relay team at the 1912 Olympics in Stockholm: from left — Willie Applegarth, Vic D'Arcy, Dave Jacobs and Harold Macintosh.

stood beside them as silver medallists.

Dave looked eagerly towards his 200m heat on July 13th. He easily won his first round, but came up against Ralph Craig (USA) in the second round and was a yard down at the tape reached in 21.9. It was no disgrace to be beaten by Craig as he went on to win the final, to add to his 100m gold.

Following the First World War, Dave continued his interest in athletics although not actively, and often spoke about meeting Paavo Nurmi at Stamford Bridge in 1922. During the last War, Dave's parents' house in South London was badly bombed, and resulted in him losing nearly all his trophies including the Olympic gold medal.

Over the years he had gradually lost contact with HHH as he lived in East London, but in the late 1960's they rediscovered him and in 1972 he became a club Patron. His most generous and frequent donations were greatly appreciated by the club as were his words of encouragement and advice at committee meetings. He attended the special meeting on April 30th this year, which was his 88th birthday, to speak in support of HHH becoming a mixed club in its 87th year.

British athletics has lost another link with the past, but despite his passing David Jacobs' athletic achievements assure him of a permanent place in British athletic history.

Kevin Kelly

STAFFORDSHIRE SCHOOLS CHAMPS

At Stoke-on-Trent, June 12th

100: P. Burn (Staff) 11.1w. 200: M. Holton (N) 22.3w. 110H: Holton 14.9. 400H: C. Allen (SES) 56.8. DT: J. Drzewiecki (S) 40.06/131'5". JT: S. Moreton (Staff) 55.94/183'6". (Inters) 100: 1, P. Field (N) 11.2w; 2, M. Garmston (C) 11.3; 3, A. Hunter (SES) 11.3. 400: N. Jackson (C) 51.5. 100H: S. Jeffreys (Staff) 14.4w. HJ: C. Byrne (S) 1.87/6'1½". LJ: C. Boulton (N) 6.41/21'0½". TJ: D. Goodwin (S) 13.02/42'8½". DT: C. Hackley (S) 40.04/131'4". (Juniors) 100: I. Summerfield (C) 11.9w. 400: D. Stanier (S) 54.4. HJ: N. Harris (M) 1.65/5'5". PV: K. Davies (C) 3.01/9'10½". TJ: T. Ordidge (C) 12.04/39'6". SP: F. Bacon (SES) 13.04/42'9½". DT: Bacon 40.02/131'3". (Senior Girls) 1500: H. Hill (Staff) 4:44.0. 100H: C. Ormiston (Staff) 15.6w. SP: J. Cox (Staff) 11.60/38'0½". JT: G. Grey (B) 34.82/114'3". (Inters) 80H: 1, H. Brown (Staffs) 12.0w; 2, J. Turner (S) 12.1; 3, K. Wood (SES) 12.3. LJ: Brown 5.18/17'0". SP: E. Evans (N) 9.44/30'11½". DT: 1, Evans 30.64/100'6"; 2, Peirson 30.02/98'6". (Juniors) 100: C. Reaney (S) 12.2w. 200: Reaney 25.7w. 800: J. Simcox (S) 2:23.4. 1500: A. Pattinson (M) 5:05.5. 75H: 1, S. Crooks (S) 11.8w; 2, C. Benton (C) 12.0. HJ: 1, H. Spencer (Staff) 1.53/5'0½"; 2, Benton 1.50/4'11". SP: 1, A. George (Staff) 9.59/31'5½"; 2, C. Molloy (S) 9.55/31'5". DT: W. Smith (M) 27.10/88'11". JT: C. Hodgkinson (S) 29.30/96'1". (U13) 100: J. Palmer (C) 13.2. 800: M. George (S) 2:28.7. HJ: D. Butler (C) 1.45/4'9".

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CLUB COMPETITION

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Funds raised will be used to augment the IAC's Olympic Preparation Fund for Moscow 1980 and to finance the holding of the Lugano Cup Race (world team walking championship) in Britain next year.

For sponsorship forms send large stamped addressed envelope (11p stamp) to HIGHTIME HOLIDAYS LTD, 66 Hammersmith Road, London W14, stating number of forms required.

SPILLS AND THRILLS IN THE NORTHERN

BRENDAN FOSTER must have left a jinx on the Gateshead track after tumbling against Mike Boit. There were more spills in the Northern Championship, which added to the thrills at Gateshead on June 19th.

Dennis Coates was presented with the 1500 title after trailing Alex Amos and defending champion Dave Gibbon. The two leaders collided 10m from the tape with Amos running off the track and Gibbon hitting the ground. Coates cut through for a win in 3:49.7—that would certainly have been a third place time—with Gibbon jumping up and staggering over the line in 3:49.9. It was all fall down at the last hurdle of the steeplechase with Chris Garforth and Peter Moon hitting the barrier and falling heavily. They were right on the heels of Dave Hindley and although badly shaken finished among the medals.

Brian Jones, a victim of hay fever, still managed to retain the 400 crown in 48.9. Ian Saunders set a new championship best in the qualifying round with 47.5 but a pulled muscle kept him out of the final. Adrian Ord was the only other athlete to bring the record books up to date, clearing 1.97m.

Mike Corden, who must spend a small fortune in entry fees, was again the busiest athlete of the day. He dabbled at the high jump and pole vault, gingerly testing an injury from a decathlon meeting at Warsaw, then boldly struck out for medals. He notched a personal best of 15.4 in the heat of the hurdles, ran 0.1 slower in the final for a silver medal. He gathered a bronze in the discus with a best ever throw of 44.38m, and finished fifth in the shot (13.99m).

The 5000 provided the breakthrough Andy Armitage (20) was waiting for. He rejoined leaders Charlie Spedding and inter-counties champion Mike McLeod two laps from the finish but did not wait for a home straight dust-up. He left them stranded with a couple of last fast laps and beat the talented field by 30m in 14:04.4.

Joe Lancaster

100: 1, B. Green (Pilk) 10.7; 2, K. Bennington (Rown) 10.8; 3, G. Overend (Spen) 10.9; 4, G. Wood (NS Poly) 10.9; 5, A. Staniland (Leeds) 10.9; 6, I. Hamilton (BRC) 10.9.

200: 1, D. Artley (Hull Sp) 22.0; 2, Hamilton 22.1; 3, E. Tulloch (Sale) 22.2; 4, Staniland 22.5; 5, Wood 22.5; 6, M. Walsh (ASV) 22.6.

400: 1, B. Jones (Liv Pem) 48.9; 2, C. Hughes (Lake) 50.3; 3, M. Oakley (ASV) 50.4; 4, J. Beattie (Leeds) 50.9; 5, R. Bell (Wake) 50.9; 6, S. Todner (Holt) 52.7 . . . I. Saunders (Sale) 47.5 ht (CBP).

800: 1, A. Gibson (Hill) 1:50.0; 2, R. Weatherburn (ESH) 1:50.7; 3, P. Boswell (Sale) 1:51.2; 4, S. Markley (M'bro) 1:51.9; 5, J. Bett (Notts) 1:54.5; 6, S. Deegan (Liv Pem) 1:55.3.

1500: 1, D. Coates (Gates) 3:49.7; 2, D. Gibbon (Els) 3:49.9; 3, D. Brennan (Warr) 3:51.9; 4, K. Newton (Sheff) 3:52.5; 5, M. Prince (C Hull) 3:53.1; 6, D. Gee (MAC) 3:53.8.

5000: 1, A. Armitage (Lough) 14:04.4; 2, C. Spedding (Gates) 14:07.6; 3, M. McLeod (Els) 14:08.8; 4, M. Baxter (Leeds) 14:08.8; 5, G. Smith (Liv) 14:14.2; 6, D. Nichol (Leeds) 14:16.2.

3000SC: 1, D. Hindley (W'loo) 9:05.0; 2, P. Moon (Bing) 9:08.6; 3, C. Garforth (Gates) 9:10.2; 4, A. Asgeirsson (Dur Un) 9:13.0; 5, A. Bland (Grim) 9:16.8; 6, M. Nolan (MAC) 9:22.6.

110H: 1, D. Wilson (EAC) 14.5; 2, M. Corden (Sheff) 15.5; 3, R. Davidson (Stoke) 15.5; 4, A. Shaw (Long) 15.5; 5, M. Kindon (Stret) 15.5; 6, R. Simpson (Birch) 15.7.

400H: 1, A. James (Stret) 52.8; 2, H. Robinson (Warr) 53.1; 3, S. Brane (Lake) 54.1; 4, M. Ollier (Sale) 56.1; 5, I. Elliott (Liv Pem) 56.7; 6, D. Jones (Sale) 58.0.

10,000 Walk: 1, C. Harvey (Lancs WC) 46:39.8; 2, J. Hopkins (Lancs WC) 47:31.6; 3, M. Greasley (Sheff Utd) 47:59.0; 4, B. Lines (Sheff Utd) 49:25.4; 5, G. Goodair (Sheff Utd) 49:49.4; 6, P. Fawkes (NS Poly) 50:14.0.

HJ: 1, A. Ord (Sale) 1.97/6'5½" (CBP); 2, M. Maynard (Long) 1.95/6'4½"; 3 eq, J. Daley (M'bro) & A. Shaw (Long) 1.90/6'2½"; 5, S. Gill (NS Poly) 1.85/6'0½"; 6, W. Innes (Liv) 1.85.

PV: 1, J. Parkinson (E Washington TC) 4.09/13'5"; 2, R. Murphy (Leeds) 3.88/12'8½"; 3, S. Wright (Leeds) 3.72/12'2½".

LJ: 1, S. Pegler (Stret) 7.07/23'2½"; 2, M. Harrison (Wake) 7.01/23'0"; 3, K. Bennington (Rown) 6.81/22'4½"; 4, J. Lewis (Leeds Univ) 6.73/22'1"; 5, P. McEwan (Alsager C) 6.64/21'9½"; 6, I. Anderson (Wake) 6.58/21'7½".

TJ: 1, J. Stoppard (Sheff) 14.99/49'2½"; 2, T. Moore (Newc Un) 14.28/46'10½"; 3, B. Camp (Liv) 14.13/46'4½"; 4, Lewis 13.81/45'3½"; 5, Harrison 13.65/44'9½"; 6, C. Bowery (Leic) 13.63/44'8½".

SP: 1, G. Tyler (Sale) 15.26/50'0½"; 2, D. Sorrell (B'burn) 15.00/49'2½"; 3, I. Lindley (Leeds) 14.81/48'7½"; 4, N. Parry (Liv Pem) 14.52/47'7½"; 5, Corden 13.99/45'10½"; 6, M. Holmes (Liv) 13.63/44'8½".

DT: 1, G. Dirkin (Stret) 48.48/159'1"; 2, Tyler 47.82/156'11"; 3, Corden 44.38/145'7"; 4, Sorrell 41.88/137'5"; 5, W. Renshaw (Dby) 39.54/129'9"; 6, Holmes 38.08/124'11".

HT: 1, P. Scott (NS Poly) 60.34/197'11"; 2, J. Newett (Liv) 47.26/155'1"; 3, A. Sparkes (Stret) 47.06/154'5"; 4, K. Madden (Sale) 44.74/146'9"; 5, Tyler 44.70/146'8"; 6, P. McKenzie (Bing) 43.54/142'10".

JT: 1, P. Ostapowycz (Stret) 64.30/210'11"; 2, T. Aspey (Wig) 60.16/197'4"; 3, J. Walker (Dby) 56.32/184'9"; 4, R. Bradley (ASV) 55.38/181'8"; 5, M. Orchel (Nott Un) 54.78/179'9"; 6, Sorrell 53.88/176'9".

Junior 3000: 1, M. Bateman (B'burn) 8:26.4; 2, P. Gayter (Sale) 8:29.6; 3, J. Mills (Gates) 8:32.8; 4, M. Taylor (Sheff) 8:36.2; 5, E. Walsh (Bing) 8:44.4; 6, K. Jacques (Stret) 8:46.2. **Jnr 10,000 Walk:** 1, S. Uttley (Lancs WC) 50:45.0; 2, P. Illingworth (Yorks RWA) 54:25.8.

WALKING**MILLS OVER DOBSON IN NATIONAL 20M**

ROGER MILLS scored a great victory and nine men beat 2:40 in the National 20 Miles Road Walking Championship at Stevenage on June 19th. Despite continuous rain which lasted throughout the event, the fact that everybody was frozen on the long walk to the start which then had to be repeated at the finish, and the numerous undulations on the three lap course of mainly subway paths, the overall standard was the highest yet achieved.

With Roy Thorpe, Paul Nihill, John Warhurst and Shaun Lightman cutting out the early pace with Bob Dobson and Amos Seddon following as the likes of Ian Brooks and Adrian James dropped away, the eventual winner, Roger Mills, cruised along always in striking distance. By 10 miles, reached in just outside 75 min, Thorpe and Nihill shared the lead with Mills just behind with Lawton, Selby and Holly making excellent progress through the field. As Mills joined Thorpe so Nihill fell away coming back to 7th only to rally in the closing stages to finish just behind the consistent Lawton. Up front Mills dropped Thorpe around 13M and then held the strong challenge of Bob Dobson, walking his finest '20' yet after an indifferent year so far, to draw right away at the end, to win in 2:32:13—3 sec inside Roy Thorpe's 'Mercury' time.

It was a most impressive win for a man now mentally as well as physically capable of taking

on the very best at any distance from 3 to 35km. Bob Dobson, delighted with this effort plus his win in Rotterdam, now must be considered as likely to regain the National 50km title, having lost the '20' to Mills. Roy Thorpe hung on for third after setting a scorching pace early on—it was Roy's third world class effort at the distance within a month. Carl Lawton had an excellent race while Paul Nihill, in probably his last race before Montreal, was well satisfied with his longest race for several years. The Brighton pair of Stuart Elms and Dennis Holly certainly look to have a very bright future at 20 and 50km. Holly, who won a 37km at Roubaix the previous Sunday by nine minutes from Tony Geal, has shown glimpses in the past of his potential and now looks like challenging his clubmate in a bid to make the trio going to Malmö for the World's 50km.

With 29 men ducking under 2:50 there were many personal bests and Stuart Maidment, Peter Markham, George Nibre and Steve Lewis must be delighted with their races. Sheffield won a close team race from Southend (who were without Alec Banyard and lost Ian Brooks through retirement but had Peter Marlow walking a very sensible race) and Brighton. In the Southern Area Team Race Brighton (39) beat Enfield (50) with Ilford third, not as announced after the race.

Though the course was traffic free it meant that neither judges nor attendants could adequately cover the race. Dressing room space was much too limited (waterless showers!) and there was very little in the way of after-race refreshments. Certainly it would shatter those track and field athletes who bitterly complain at the facilities of the latest sport complexes to come to the venues of most of our road running and walking events.

1. R. Mills (Ilf) 2:32:13; 2. R. Dobson (S'end) 2:33:30; 3. R. Thorpe (Sheff) 2:36:53; 4. C. Lawton (Bel) 2:37:30; 5. P. Nihill (Croy) 2:37:37; 6. S. Elms (B&H) 2:37:50; 7. D. Holly (B&H) 2:38:22; 8. P. Selby (Sy) 2:38:52; 9. S. Lightman (Met) 2:39:27; 10. J. Warhurst (Sheff) 2:40:17; 11. S. Maidment (Yeo) 2:40:37; 12. M. Holmes (S'end) 2:41:45; 13. P. Markman (Leic) 2:42:30; 14. P. Marlow (S'end) 2:43:49; 15. S. Lewis (Leic) 2:43:52; 16. G. Chaplin (Cov) 2:43:55; 17. J. Eddershaw (Sheff) 2:44:02; 18. G. Nibre (NSP) 2:45:10; 19. I. Richards (Cov) 2:45:26; 20. B. Ingarfield (Met) 2:45:52; 21. J. Lees (B&H) 2:46:24; 22. W. Wright (S&E) 2:46:43; 23. A. James (BoE) 2:46:58; 24. P. Ryan (Sheff) 2:47:23; 25. C. Fogg (BoE) 2:48:04; 26. A. Seddon (BoE) 2:48:30; 27. R. Possner (B'ham) 2:49:42; 28. G. Scott (BoE) 2:49:51; 29. L. Ruddock (Ilf) 2:49:53; 30. J. Heywood (Leic) 2:51:12; 31. W. Carr (Yks PO) 2:51:29; 32. K. Carter (G'send) 2:52:13; 33. A. Ardley (Tonb) 2:52:48; 34. C. Berwick (Leic) 2:52:54; 35. K. Jameson (Yks PO) 2:52:59; 36. S. Crow (Lancs) 2:53:17; 37. G. Fisher (BoE) 2:53:37; 38. D. Stevens (Stey) 2:53:51; 39. R. Mitchell (Sy) 2:53:57; 40. S. Tyas (Yks) 2:54:06; 41. E. Holmquist (HH) 2:54:18; 42. J. Toehill

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Time Certificates to all finishers

Entries (entry fee 25p) close Friday, 23rd July to C. Gemson, 28 Cromwell Road, Lancaster LA1 5BD. Please enclose s.a.e.

(Yks) 2:54:51; 43, R. Middleton (Bel) 2:55:00; 44, A. Buchanan (B&H) 2:56:41; 45, R. Flynn (Daw) 2:56:43; 46, J. Sales (Bas) 2:56:59; 47, D. Jackson (Yks PO) 2:57:20; 48, D. Breen (Lancs) 2:57:25; 49, G. Smith (Bas) 2:57:31; 50, K. French (Sheff) 2:58:12. **Teams:** 1, Sheffield 44; 2, Southend 49; 3, Brighton & Hove 62; 4, Leicester 73; 5, Enfield 77; 6, Ilford 112; 7, Belgrave 142; 8, Met WC 147. **(Southern Champs):** 1, Mills; 2, Dobson; 3, Lawton; 4, Nihill; 5, Elms; 6, Holly. **Teams:** 1, B&H 39; 2, Enfield 50; 3, Ilford —.

John Warhurst comfortable winner of Bradford 50km, at Bradford, May 31st. Less than 20 hours after finishing fourth in the Inter-County 10km (45:55.6) at the Crystal Palace, John Warhurst started the tough Northern Classic and dominated the event to win by over eight minutes from local Mel McCann, with another Bradford man, Mike Holmes, close behind. Putting in solid performances, Geoff Hunwicks and Pete Markham led the rest of the field with the ever reliable Ken Harding close at hand. Yorkshire Postal beat a well below strength Sheffield in the Northern team Championship while Leicester came out on top in the Open event. 1, J. Warhurst (Sheff) 4:32:05; 2, M. McCann (Yks) 4:40:16; 3, M. Holmes (S'end) 4:42:50; 4, G. Hunwicks (Ilf) 4:46:27; 5, P. Markham (Leic) 4:47:36; 6, K. Harding (RSC) 4:48:45; 7, J. Heywood (Leic) 4:50:04; 8, D. Jackson (Yks PO) 4:56:58; 9, J. Toehill (Yks) 5:01:20; 10, W. Carr (Yks PO) 5:02:17; 11, C. Berwick (Leic) 5:02:34; 12, S. Crow (Lancs) 5:03:21; 13, R. Wallwork (W Suff) 5:03:45; 14, K. Jameson (Yks PO) 5:05:17; 15, G. Blogg (Yks PO) 5:08:29; 16, K. French (Sheff) 5:10:21; 17, S. Ashton (Sheff) 5:11:36; 18, J. Todd (Lancs) 5:13:18; 19, M. Loach (Leic) 5:13:49; 20, J. Dowling (Sheff) 5:14:49; 21, E. Crompton (Lancs) 5:15:25; 22, M. Wood (Yks PO) 5:15:44; 23, E. Warner (Leic) 5:16:28; 24, L. Holton (Leic) 5:16:38; 25, D. Jones (Leic) 5:19:43. **Teams:** 1, Leicester; 2, Yorkshire PO; 3, Sheffield. **(Northern Champs):** 1, Yorkshire PO; 2, Sheffield; 3, Yorkshire. **(H/cap):** 1, Carr; 2, Todd; 3, Heywood.

Yorkshire WC 20 Miles Championship, at Bradford, June 4th. 1, J. Toehill 2:57:51; 2, S. Tyas 2:58:56; 3, P. Briggs 3:19:32.

Sub-97:00 20km from Ken Harding and Roy Posner, at Sutton Coldfield, June 12th. AAA Junior One Mile Champion of 30 years ago, Ken Harding, Maccabiah Games silver medallist Roy Posner, and 1964 Olympian John Paddick, all showed that they are still forces to be reckoned with as they had a close three-man struggle over 20km. Super Vet, Harding, pulled away in the last 3km as Paddick dropped back with sickness. 1, K. Harding (RSC) 96:07; 2, R. Posner (B'ham) 96:38; 3, J. Paddick (RSC) 100:20; 4, P. Owen (RSC) 109:31; 5, K. Abolins (RSC) 114:54; 6, J. Fenton (B'ham) 116:04.

London Postal Region 3km Championship, at West London, June 13th. 1, R. Middleton (Bel) 14:40; 2, R. Porter (Met) 15:05; 3, S. Barton (New) 15:33; 4, D. Vale (Sy) 16:12.

London Vidarians Open 2 Miles, at Carshalton, June 16th. 1, M. Scamell (New) 15:00; 2, I. Statler

(Sy) 16:12; 3, M. Davitt (New) 16:23; 4, N. Stowe (New) 16:31; 5, C. Flint (Lon V) 16:39; 6, D. Sharpe (New) 16:40.

Surrey WC Schools League. (Boys O/15): 1, I. Statler (Warl) 16:12; 2, N. Stone (Walth F) 16:31; 3, J. Cleays (Ray P) 18:41. (U/15): 1, G. Vale (Wall) 17:29; 2, M. O'Farrell (Magna C) 18:09; 3, G. Weedon (Taun) 18:34.

Bob Dobson wins Dutch 20km, at Vlaardingen, June 13th. With a field far removed from the international class one of last year, Bob Dobson scored a comfortable victory over a four lap park course with start and finish on the track. Colin Blonstein (South Africa) stayed with Bob for the first half but was later disqualified as he tired. Ras, the Dutch Champion, had a good race for a clear second, Mike Scamell gaining third with Frenchman, Couturier, close behind. All other events were on the track and Nick Stone scored a fine victory in the Junior 10km, overhauling Dave Nielsen midway and putting in a strong finish. Julie Robery put in a great effort to split the Danish girls many years her senior and is obviously going to be a fine prospect in future years. (Senior 20km): 1, R. Dobson (S'end) 97:05.0; 2, T. Ras (Holl) 100:40.4; 3, M. Scamell (New) 104:34.2; 4, S. Couturier (Fra) 104:50.0; 5, D. Maessen (Holl) 105:17.6; 6, W. Sutherland (Ilf) 106:02.6; . . . 8, J. Sales (Bas) 1:47:50; 9, J. Hedgethorpe (Ex P) 1:50:05; . . . 14, M. Davitt (New) 1:54:26; . . . 18, D. Sharpe (New) 1:59:03; 19, A. King (Ex P) 1:59:03. 25 finished. (Junior 10km): 1, N. Stone (New) 53:06.4; 2, L. Nielsen (Den) 54:03.4; 3, R. Van Kleit (Holl) 54:36.6. 9

CROYDON HARRIERS

ELEVENTH OPEN

FIELD AND HURDLES MEETING

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

AT THE CRYSTAL PALACE

ON SATURDAY, AUGUST 7th 1976

Senior men: HJ, LJ, TJ, PV, SP, DT, HT, JT, 110mH, 400mH, 3000mS/C.

Junior Men: HJ, LJ, TJ, PV, 110mH, 400mH, 2000mS/C.

Youths: HJ, LJ, TJ, PV, SP, HT, 100mH, 1500mS/C.

Senior Women: HJ, LJ, JT, DT, SP, 100mH, 400mH.

Inter. Women: HJ, LJ, SP, 80mH, 200mH.

Junior Women: HJ, LJ, SP, 75mH.

MOST EVENTS ON TARTAN

ENTRIES CLOSE JULY 26th

Entry Fees: 35p first, and 25p additional events; Junior Men and Inter. Women: 25p and 20p additional events; Youths and Junior Women: 20p and 15p additional events.

AWARDS FOR CLUB AGGREGATE AND INDIVIDUAL WINNERS

Entries to Mr J. H. Benn, 3 Enderley House, Sylvan Road, London SE19 2RT, giving age, best performance and club. Please enclose a stamped addressed envelope.

Enquiries to Mr T. Pankhurst—01-660 8736.

finished. (Youths 3km): 1, K. Simonsen (Den) 15:54.0; 2, R. Vanderplaatse (Bel) 16:27.4; 3, B. Jensen (Den) 16:34.4. (Senior Women's 5km): 1, L. Nielsen (Den) 29:01.2; 2, T. Thomsen (Den) 29:01.2; 3, C. Hansen (Den) 29:28.6; 4, J. Robery (Hav) 29:41.0; . . . 9, M. Chambers (Chelm) 33:52.0. (U/15 1km): 1, B. Maas (Holl) 5:22.0; 2, J. Hansen (Den) 5:26.2; 3, O. Van Vliet (Holl) 5:33.6.

Bernd Kannenberg wins in fast time from Vittorio Visini in fast international track 10km, at Furth (WG), June 13th. Following his recent series of fast 20km races, Kannenberg turned out on his home track and won comfortably, going through 3km in 12:47.0, halfway (21:19.8), and then putting in a sub-4:10 final kilometre. In a small but very high class field, Peter Marlow (pb) just held off Amos Seddon (10 sec outside his best) as they finished just behind Stankowitz who produced a sub-90:00 20km in the Lugano Cup Final last October. Vittorio Visini showed yet again what an excellent all round specialist he is, while Piet Mayer continued his fine European tour. 1, B. Kannenberg (WG) 42:42.8; 2, V. Visini (Ita) 43:29.6; 3, P. Meyer (SA) 44:10.8; 4, I. Stankowitz (Hung) 44:51.2; 5, P. Marlow (UK) 44:56.0; 6, A. Seddon (UK) 44:57.0; 7, H. Binder (WG) 46:28.0; 8, A. Schwarz (WG) 49:12.2.

Hightime Superspike Olympic Relay. This six day event from Washington, near Gateshead, to celebrate the American Bicentennial, and finishing at the Tower Hotel, London, commences on July 4th. Teams representing Scotland/North, Wales/Midlands and London/South will contest six stages per day of 20km each. It is hoped many competitors will take part, even if it is only on a one day basis. The event is sponsored by Hightime Holidays and organised by the IAC together with the RWA and the BRWC. The whole event is being organised by Derek Johnson, Chairman of the IAC, while Dave Bedford is responsible for Radio, Press and Television publicity. With the sponsored walks being held in conjunction it is hoped to raise enough funds to enable Britain to hold the Lugano Cup Final here next year, augment the IAC's Moscow Olympic Fund, and help in pressing for the reintroduction of the 50km in the Olympic programme. With overnight stops at Wakefield, Nottingham, Birmingham and Rugby there is plenty of opportunity for Midland and Northern walkers to get in training for the National 50km on July 17th.

Golubnichiy yet again! Walking in the Soviet Championships, Vladimir Golubnichiy, 1960 and 1968 Olympic 20km Champion, qualified for his fifth Olympiad by finishing a close second (87:55) to Semyonov (87:52.8).

Colin Young

MIDLAND LEAGUE (Division Six)

At Berry Hill, June 5th

Charnwood 174½; Bromsgrove & Redditch 114; Halesowen 100; Stafford 95; Dursley & Dist 79½; Berry Hill (Mansfield) 73.



Dave Bedford (who hopes to start running again in three months following another leg operation) steps out with Maria Johnson, sales manager of Hightime Holidays and wife of the IAC chairman.

Results In Brief

May 15th

Gwent Champs, at Cwmbran. 100: G. Edwards (Newp) 10.9. 200: G. Hedges (Croes-J) 22.7. 5000: 1, D. Hopkins (Newp) 14:08.0; 2, P. Ratcliffe (Card) 14:24.0. PV: D. Lease (Card) 4.30/14'1¼". SP: A. Buttriss (Gilw) 13.00/42'8". JT: P. Ramsey (W&B) 58.24/191'1". (Women) SP/DT: J. Beese 12.59/41'3¼" & 45.38/148'10" (Welsh rec).

S. Glamorgan Champs, at Barry. (Boys) 100/200: A. Morgan 12.0/24.3. (Women) 1500/3000: A. Hartley (Barry-I) 5:03.8/10:42.6 (Jnrs) 200: K. Taylor 26.7.

June 2nd

At Bristol. 3000: 1, C. Ridler 8:13.8; 2, Gwynn Davis 8:25.0; 3, C. Mattock 8:26.4. (Vets) 1500: Paddy Wallace 4:32.0 (UK O/50 best).

June 9th

Open Meeting, at Cwmbran. 100: G. Hedges (Cwm-J) 11.2. 800: 1, J. Theophilus (SW) 1:55.9; 2, A. Evans (Newp-J) 1:56.6; 3, B. Plain (Card) 1:56.6. 3000: Theophilus 8:30.0. (Women) 100: C. Smart (Barry-I) 12.4. 200: 1, Smart 25.9; 2, K. Buckland (Cwm-I) 25.9. 800: 1, K. Lock (Cwm) 2:11.8; 2, C. Stenhouse (Bris) 2:12.8. (Jnrs) 800: L. Jones (Newp) 2:22.7.

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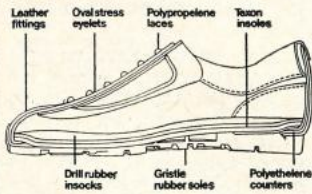
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MELNIK THE MAGNIFICENT

By Ivan Berenyi

FAINA MELNIK, now 31, has been the world's top woman discus thrower since 1971, when she broke the lengthy domination of West Germany's Liesel Westermann, continuing in the footsteps of such one-time greats of the event as Nina Dumbadze and Tamara Press. Yet she is also a bit of an enigma.

A late developer, with a record of injuries and mysterious ailments as long as your arm, Faina Melnik was born in a tiny village in the Ukraine, grew up in Erevan (where her Armenian parents originally hailed from) and now competes in the colours of Moscow Spartak, the USSR capital's army club. She originally started her athletics career as a shot putter, and remains an accomplished competitor in that event to this day.

She was, it is said, gently coaxed by the Soviet sporting hierarchy of the day to concentrate her efforts on the discus from the mid-'60s, as the supremacy of Tamara Press increasingly came to be challenged by foreign rivals, in particular by Westermann and the GDR's Christine Spielberg. Eventually, it was Westermann who broke Press's 1965 world record of 59.70m, surpassing the 60-metre "barrier" with a 61.26m throw in Sao Paulo in November 1967. Six months later it was topped by Spielberg's 61.64m. However, as is frequently the case with athletes who pass long-standing barriers, Westermann was a stayer. She regained the world record within two months with 62.54m, and in 1969 improved to 62.70m and then 63.96m.

By 1971, though, the robust Melnik was ready to take on all comers and regain Soviet supremacy in the event. She broke Westermann's world record in Helsinki, improved her new mark of 64.22m to 64.88m three weeks later in the Munich Pre-Olympic meet, and took total charge.

In the run-up to the Munich Olympics, Melnik bettered her record three times—to 65.42m on May 31st 1972, 65.48m on June 24th and 66.76m on August 4th. She was a strong favourite for the gold medal but in the qualifying rounds it was Rumania's fast-improving Argentina Menis who set up a new Olympic record with 61.58m (Melnik was second with 61.26m) and who also took the lead with a whopping 64.28m throw in the first round of the final. It was to be very heavy going for Faina. She only improved her modest first-round 60.56m to 61.32m in the second and, looking dejected, dropped to 57.96m in the third—barely qualifying for a further three throws. Her situation really began to look desperate when, in the fourth round, the massive Rumanian, quickly growing in self-confidence, let go of a 65.06m throw to raise the Olympic record again. But then Faina, next to throw, concentrated for an unusually long time and managed to put



FAINA MELNIK

Fionnbar Callanan

everything into it. The discus just flew and flew—to 66.62m—and the huge crowd in the Olympic Stadium let out an audible gasp.

"What luck!"—was the universal opinion. And as if to justify this view, Melnik went on to throw an indifferent 62.76m in the fifth round and left out the sixth, while Menis went on to throw 63.78m and 64.90m. For the crowd, the Rumanian was the sentimental favourite, and it was she who received an ear-shattering ovation on ascending the rostrum. Furthermore, in an end-of-season journey at home in Constanza, Menis broke Melnik's world record, throwing 67.32m—all five of her legal throws reaching at least 66 metres.

Once the 1973 season got properly under way, Melnik was back to her solo series of world records, simply brushing aside suggestions that she had a rival to fear. "I was tired towards the end of last season—that's all," her usual comment. She regained the post of world record-holder in May with 67.44m, improved to 67.58m in (recording just the one valid throw on each occasion) and then, at the European

Cup Final in Edinburgh in September, she stunned the world with a throw of 69.48m.

So she had finally broken clear of any potential challenger, at least as far as her world record was concerned, and ruled the event like probably no one since Dumbadze 20-odd years earlier. Surely, this was to be a record to survive for years to come? But no, with the start of the 1974 season, and competing in Prague in May, she progressed to 69.90m.

The 1974 season continued in great style for the black-haired Armenian girl, whose hobby is cooking and, predictably, eating (especially when it comes to shashlik). She threw consistently in the 68/69m range, collecting the European title with a toss of 69.00m. Her closest rival to emerge in the course of the season was Bulgaria's Maria Vergova (68.48m).

Cuban surprise

Faina's aim for 1975 was to surpass the 70m mark but the season did not start too well for her. Injured and tired from the excesses of the previous year, she did not venture out of the USSR before mid-June, and lagged in fourth place on the world list for the first part of the year with a meagre 64.18m. Heading the list was Cuba's surprising Carmen Romero with 66.20m.

The rise of young 'Carmencita', as she is fondly tabbed in her native Santiago, is an unparalleled epic in itself. At 15 she was persuaded by school PT instructor Miguel Justiz—a 'fanatic', as she jokingly refers to him today—to try her hand at discus throwing, because "she had the right shape for it." Carmencita balked at first. "I was not sure whether

what he said was really a compliment," she reflects, "but I like being persuaded." In her first competition, the 1965 Schools Championships, she won, and she claims now that this is what made her an athlete.

"My result was less than earth-shattering," she says. "It was 23.40m. But I enjoyed winning." By 1973 her personal best, and the Cuban record, was 58.44m and by 1974 it was 59.62m. "Then my coach, Hermes Riveri, worked out a heavy-duty training schedule for me," relates Carmen, "which I stuck to with utter dedication. It was training, training, and training again. The results just had to come."

They did. With the 1975 season she came to see the dividends of her all-work, no-play winter, as she improved the Cuban record steadily, up to 66.20m in May.

Melnik and Romero met in the Rosicky Memorial meeting in Prague on June 17th and soon there was surprise in the air. Carmencita threw a blistering 68.60m in the first round (a result which was to be quashed later due to the discus being marginally light), and Melnik appeared in indifferent form. But then came the inevitable: the concentration, and a 69.68m throw in the fourth round—the world's best for 1975 at that point.

Next, Faina won with 67.62m in the European Cup semis in Budapest and with 66.54m in the finals in Nice. From the South of France, Faina flew to Zurich, unsure whether she would be able to take part or not in the 26-nation meet due to excruciating pains in her right hand. The fiery-tempered Armenian girl went into a well-reported in-flight tirade.

Continued on page 21

NOTTS ATHLETIC CLUB SALUTE TO SPORT

3rd ANNUAL OPEN ATHLETIC MEETING
SUNDAY, 1st AUGUST, 1976

Harvey Hadden Stadium, Bilborough,
Nottingham

(Under AAA & WAAA Laws)

Events	Prize Value		
Men's 5000m*	£20	£10	£5
Men's 1000m	£10	£6	£3
Youths 3000m*	£10	£6	£3
Ladies 1500m*	£10	£6	£4
Ladies 400m*	£10	£6	£4
Inter. Ladies 800m*	£10	£6	£4
Inter. Ladies 200m	£6	£3	£1
Boys (13/14) 1500m*	£8	£4	£2
Boys (13/14) 200m*	£5	£3	£1
Colts (11/12) 1200m*	£5	£3	£1
Junr. Ladies (U/15) 200m*	£5	£3	£1
Junr. Ladies (U/15) 100m	£4	£2	£1
Young Colts (U/11) 800m	£4	£2	£1
Young Colts (U/11) 100m	£4	£2	£1
Youths (15/16) 800m	£6	£3	£1
Colts (11/12) 100m	£4	£2	£1
Junior Men's Javelin	£6	£3	£1
Ladies Discus	£10	£6	£3

*Trophies for winners of these events

Entries on AAA & WAAA forms, with stamped addressed foolscap envelope and 30p entry fee (40p for 2 events) to: Keith Picksley, 106 Ingram Road, Bulwell, Nottingham (Tel: 0602-277696) by Friday, 16th July. Ages as 31st August, 1976.

Welcome to the World!

INTERNATIONAL

VETERANS GATHERING

Glasgow, Weekend 21/22 August, 1976

Organised by Scottish Vets under SAAA and in conjunction with the Canadian Masters

Friday, 20th (Evening): Scottish Welcome and Reception.

Saturday, 21st: Veterans Congress; Afternoon Coach Tour to Loch Lomond with Scenic Nature Trail/Jog Time Trial for all the family—Souvenirs.

(Evening): Scots Ceilidh; Dancing and Jollification.

All-in Fee: £1 per person.

Sunday, 22nd (12 Noon): 10,000 Metres Challenge Road Race. Entry Fee £1. Many awards. Special awards 1st O/40, O/50, O/60 each nation, and

Women's 10,000 Metres Road Race. Awards O/35, O/40, O/45, O/50, O/55.

Entries to Walter J. Ross (Hon. Sec. SVHC), 10 Thornley Avenue, Glasgow G13 3BY. (Send s.a.e. for details.)

EUROPEAN RESULTS ROUND-UP

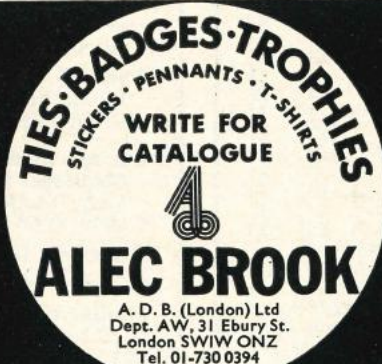
WEST GERMANY

23.5. Pliezhausen. 110H: (+1.2m) Roberto Schneider (Swi) 13.5 (Eur Jnr rec; Swiss rec). **29/30.5. Munich.** 10,000: splits in Lopes' 27:45.8—2:44.6, 5:35.4, 8:24.0, 11:13.6, 14:03.0, 16:48.8, 19:36.4, 22:23.4, 25:07.2; women's 200: Helten's time was 22.86 (rec); 800: Gerasimova (1:58.4) passed 400 in 56.5. **6.6. Dortmund.** 400: Brydenbach (Bel) 45.13, Honz 45.90; 800: van Damme (Bel) 1:45.1 (rec; 52.8, 52.3), Schmid 1:47.3, Wessinghage 1:47.5; 110H: (—1.3m) Drut (Fra) 13.59, Siebeck (GDR) 13.77, Schneider (Swi) 14.00, Pusty (Pol) 14.07; 400H: Akii-Bua (Uga) 48.58, Ziegler 49.99; HJ: Wielart (Neth) 2.20/7'2½" (rec); PV: Buciariski (Pol) 5.35/17'6½"; LJ: Baumgartner 8.08/26'6¼", Rousseau (Fra) 8.04; SP: Reichenbach 20.40/66'11¼"; 4 x 100: Poland 38.99, WG 39.39; women's 100: (+0.4m) Richter 11.21 (rec); 200: (+0.55m) Helten & Richter 22.72 (rec); 400: Wildschick (Aut) 52.39; 800: Neumann (GDR) 2:00.0, Kraus 2:00.6, Traugott 2:01.4; 100H: Rot (Isr) 13.29; LJ: Striezel 6.46/21'2½"; DT: Melnik (USSR) 66.70/218'10", Pfister (Swi) 60.60 (rec); JT: Becker 61.38/201'4"; Pent: Eppinger 4540; 4 x 100: WG 42.71, Poland 43.22.

6/7.6. Dortmund. Dec: Stroot 8119, Marek 7963, Lahti (Fin) 7914 . . . 6, Bendlin 7849; women's Pent: Eppinger 4540, Kohler 4438. **7.6. Rehlingen.** HJ: Zimmer 2.22/7'3¼"; HT: Riehm 76.78/251'11", Schmidt 76.20, Beyer 74.90, Klein 74.72 . . . 6, Farmer (Aus) 69.78; women's SP: Wilms 20.35/66'9¼" (rec), Melnik (USSR) 19.33. **8.6. Dusseldorf.** 400: Akii-Bua (Uga) 45.82, Hofmeister 46.39, Honz 46.50 (32.1 at 300); 1500: Wessinghage 3:37.4, Van Damme (Bel) 3:37.9, Mignon (Bel) 3:38.2, Fleschen 3:38.6 . . . 7, Kierman (RoI) 3:41.9; 5000: Hildenbrand 13:29.6, Boxberger (Fra) 13:44.4, Sensburg 13:47.6, Puttemans (Bel) 13:48.0; 110H: Drut (Fra) 13.64, Siebeck (GDR) 13.69; 400H: Akii-Bua 49.21, Nallet (Fra) 49.85; PV: Buciariski (Pol) 5.50/18'0½", Tracanelli (Fra) 5.35; LJ: Rousseau (Fra)

7.92/26'0"; JT: Wessing 83.48/273'11"; women's 400: Szewinska (Pol) 50.51, Wilden 51.77; 1500: Marasescu (Rum) 4:04.2 (rec), Puica (Rum) 4:06.1, Kraus 4:07.4, Jazinska (Bul) 4:07.9, Valero (Spa) 4:08.3 (rec), Neumann (GDR) 4:08.4, Silai (Rum) 4:08.6, Wellmann 4:09.7, Purcell (RoI) 4:09.8, Burki (Swi) 4:09.9 (rec), Castelein (Bel) 4:11.3 (rec) . . . 15, Nagle (RoI) 4:16.4; 100H: Stefanescu (Rum) 13.24; HJ: Holzapfel 1.91/6'3¼", Popa (Rum), Matay (Hun), Meyfarth & Ioan (Rum) 1.84; SP: Wilms 20.20/66'3¼"; DT: Melnik (USSR) 65.39/214'6", Menis (Rum) 65.26; 4 x 100: WG 43.38, France 44.08, Poland 44.25.

13.6. Furth. 100: Licznarski (Pol) 10.40 (10.34 ht), Bieler 10.42 (10.32 ht); 200: Arame (Fra) 21.13 . . . 5, AINSLEY BENNETT 21.46; 800: Marajo (Fra) 1:47.1, Wulbeck 1:47.1, Gesicki (Pol) 1:47.3; 1500: Van Damme (Bel) 3:44.2, Dixon (NZ) 3:44.3; 3000SC: Malinowski (Pol) 8:28.8; 110H: (—0.72m) Drut (Fra) 13.54, BERWYN PRICE 13.80, Ronconi (Ita) 13.91; (B) PRICE 13.91; 400H: Akii-Bua (Uga) 49.68, Bratanov (Bul) 49.77 (rec); PV: Kozakiewicz (Pol) 5.20/17'0½" . . . 4, BRIAN HOOPER 5.00/16'4¼"; LJ: Berger 8.00/26'3", Cybulski (Pol) 7.95; TJ: Kolmsee 16.51/54'2"; SP: Reichenbach 20.08/65'10¼"; DT: Neu 64.02/210'0"; HT: Klein 72.80/238'10", Beyer 72.80, Schmidt 71.98; JT: Wessing 85.30/279'10", Wolfermann 84.64, Boros (Hun) 82.60; 10,000W: Kannenberg 42:42.8; 4 x 100: Poland 38.85; 4 x 400: Poland 3:03.2, WG 3:03.4, France 3:04.4; women's 100: (—0.62m) Helten 11.31, Richter 11.34, Szewinska (Pol) 11.35; ht 1 (+0.55m) Helten 11.04 (world rec), Kroniger 11.33; ht 2 (+0.75m) Richter 11.23, Szewinska 11.25; 200: (nil) Szewinska 22.41; 800: Kraus 2:00.6, Tomova (Bul) 2:01.4, Amzina (Bul) 2:01.8; 3000: Ludwichowska (Pol) 8:59.4; 100H: Rot (Isr) 13.26 . . . Ongar (Ita) 13.24 ht (rec); HJ: Holzapfel 1.88/6'2", Meyfarth 1.88; LJ: Striezel 6.48/21'3¼"; DT: Melnik (USSR) 64.46/211'6"; JT: Becker 61.24/200'11".



The incomparable Viktor Sanyeyev in action against West Germany in Munich recently. The 30-year-old Soviet star is aiming for a third Olympic gold medal!



Bob Sly

W. German team for Montreal—100/200/4 x 100: Bieler, Bastians, Borchert, Steinmann; 400/ 4 x 400: Honz, Hofmeister, Krieg, Schloske, Schmid; 800: Wulbeck; 1500: Wessinghage, Wellmann, Fleschen; 5000: Hildenbrand, Uhlemann; 10,000: Uhlemann; Mar: Mielke; 3000SC: Frahmcke, Maier, Karst; HJ: Boller, Killing; PV: Lohre; LJ: Baumgartner, Berger; TJ: Kolmsee; SP: Reichenbach; DT: Neu; HT: Riehm, Schmidt, Klein; JT: Wessing, Wolfermann; Dec: Kratschmer, Stroot, Marek; 20kmW: Kannenberg, Weidner; women's 100/200/4 x 100: Helten, Richter, Kroniger, Possek, Gang; 400/4 x 400: Wilden, Steger, Fuhrmann, Hollmann; 1500: Kraus, Wellmann; HJ: Holzapfel, Meyfarth; LJ: Striezel; SP: Wilms; JT: Becker; Pent: Eppinger.

GDR

22.5. Halle. DT: Jacobi 64.82/212'8"; women's DT: Sander 65.74/215'8". **23.5. Halle.** HJ: Beilschmidt 2.23/7'3½". **30.5. Wittenberg.** (Olympic Trials) Mar: Cierpinski 2:12:21, Truppel 2:13:44, Arnhold 2:14:54, Lesse 2:16:04; 20kmW: Frenkel 1:28:22, Berner 1:28:33, Siegeris 1:30:17.

E. German team for Montreal—100/200/ 4 x 100: M. Kokot, Kurrat, Thieme, Weise; Mar: Cierpinski; 3000SC: Baumgartl; 110H: Munkelt; HJ: Beilschmidt; SP: Gies, Rothenburg; DT: Schmidt, Pachale, Thiede; HT: Sachse, Seidel; Dec: Stark; 20kmW: Frenkel, Stadtmuller, Reimann; women's 100/200/4 x 100: Stecher, Oelsner, Blos, Meyer, Bodendorf, Eckert; 400/4 x 400: Brehmer, Rohde, Koch, Streidt, Maletzki, Sinzel; 800: Weiss, Zinn, Gluth; 1500: Stoll, Hoffmeister, Klapezynski; 100H: Ehrhardt, Berend, Schaller; HJ: Ackermann, R. Kirst; LJ: Siegl, Voigt, Wycisk; SP: Adam, Schoknecht, Droese; DT: Engel, Schlaak, Hinzmann; JT: Sebrowski, Fuchs; Pent: Siegl, Pollak, Laser. Other athletes may be added up to July 10th.

USSR

24/25.4. Uzhgorod. 20kmW: Solomin 1:26:31,

Yevsyukov 1:26:41, Potenchuk 1:26:45; 50kmW: Lyungin 4:02:46, Grigoryev 4:03:37, Dalke 4:06:37. **11-13.5. Sochi.** 800: Ponomaryov 1:46.8; 1500: Volkov 3:39.9; 5000: Nyambui (Tan) 13:29.8; 3000SC: Grigas 8:26.8; 400H: Stukalov 50.2; TJ: Sanyeyev 16.67/54'8½", Shevchenko 16.65, Perez (Cub) 16.52, Herrera (Cub) 16.50; SP: Baryshnikov 21.21/69'7", Nossenko 20.32; HT: 4, Dmitrenko 74.76; 5, Malyukov 74.54; 6, Spiridonov 73.46; 20kmW: Bartsch 1:25:47, Golubnichiy 1:25:51, Apalais 1:25:54; women's 400: Ilyina 51.3; 800: Gerassimova 1:58.6, Styrkina 2:00.5; 1500: Bragina 4:06.2, Sorokina 4:07.2; 100H: Lebedyeva 13.0. **22.5. Tallinn.** HJ: Lumi 2.20/7'2½". **5/6.6. Riga.** HJ: Kiba 2.21/7'3"; SP: Yarosh 20.74/68'0½", Mironov 20.60; JT: Chupilko 85.70/281'2", Feldmanis 83.46, Lasis 83.10; women's 100H: Anisimova 12.8.

10-12.6. Kiev. (USSR Champs, Part 1) 800: Anokhin 1:46.0, Litovchenko 1:46.5, Ponomaryov 1:46.8; 1500: Mamontov 3:40.5; 5000: Zotov 13:37.6, Kuznyetsov 13:38.8; 10,000: Sellik 28:10.4, Mazeyev 28:11.2, Kuznyetsov 28:12.6, Matveyev 28:16.4, Yarullin 28:19.2, Badrankov 28:20.2; 3000SC: Silonov 8:25.2, Lisovskiy 8:26.4, Grigas 8:27.6; Dec: Avilov 8336, Litvinyenko 8249, Grebenyuk 8197; 20kmW: Semyonov 1:23:52, Golubnichiy 1:23:55, Troitskiy 1:24:00, Solomin 1:24:07; women's 800: Gerassimova 1:56.0 (world rec), Styrkina 1:56.7, Providikina 1:59.3; 1500: Kazankina 4:05.2, Sorokina 4:08.2, Dvirna 4:08.9; 6, Bragina 4:10.8; Pent: Popovskaya 4774, Tkachenko 4772, Vorokhobko 4772.

CZECHOSLOVAKIA

29.5. Prague. 100: Lacko 10.1 (eq rec). **29/30.5. Bratislava.** Women's 100: Suranova 11.34; 400: Cerchlanova 52.02 (eq rec); HJ: Bradacova 1.89/6'2½", Mracnova 1.89, Karbanova 1.87; LJ: Nygrynova 6.53/21'5¼"w. **2/3.6. Bratislava.** 100: Leonard (Cub) 10.28, Petrov (Bul) 10.32, Woronin

continued on page 22

Scottish Results

LANARKSHIRE AAA CHAMPIONSHIPS

At Coatbridge, May 8th

100/200: A. Deans (Law) 11.1/22.5. 400: R. Baillie (Clyde V) 50.0. 3000SC: 1, J. Burns (Shett) 9:16.4; 2, A. Smith (Shett-J) 9:31.8; . . . 4, T. O'Reilly (Spring-V) 10:04.0. LJ: D. Glencorse (Law) 6.81/22'4". (Juniors) 100: 1, G. Currie (Shett) 10.9; 2, F. Rafferty (Clyde V) 11.2. 200: 1, Currie 22.2; 2, Rafferty 22.5. 800: 1, K. McCartney (Law) 1:54.6; 2, N. Muir (Shett) 1:55.9. 1500: 1, McCartney 3:57.1; 2, Muir 3:57.4. (Youths) 100/200: R. Archibald (E Kilb) 11.3/23.0. 1600 Medley: 1, Law 3:54.0; 2, East Kilbride 3:54.4. (Boys) 1500: 1, Doole (Clyde V) 4:25.0. 1600 Medley: Clyde Valley 3:59.8.

ESH WOMEN'S CLUB CHAMPIONSHIPS

At Meadowbank, May 15th

100/200/LJ: F. McAuley 12.3/25.8 & 5.72/18'9". SP: S. Brodie 11.25/36'11". DT: 1, M. Ritchie 51.58/169'3"; 2, L. Robertson 39.86/130'9". JT: E. Dinwiddie 35.70/117'1". (Inters) 100/200/400: F. Nixon 12.1/25.4/60.2. 80H: 1, F. Fyfe 12.4; 2, M. Sommerville 12.5. 200H: 1, Fyfe 30.6; 2, Sommerville 31.8. HJ: Sommerville 1.55/5'1". LJ: 1, B. Davidson 5.30/17'4". 2, Sommerville 5.16/16'11". DT: L. McAuley 29.72/97'6". (Juniors) 100/200: C. McAuley 12.9/26.7. 800/1500: D. Christie 2:34.3/5:03.5. 75H/HJ/LJ: P. Campbell 11.7 & 1.55/5'1" & 4.67/15'4". SP/DT: C. Lightbody 10.69/35'1" & 31.64/103'10". JT: K. Stewart 27.64/90'8".

COUNTY BOROUGH OF SUNDERLAND

RECREATION DEPARTMENT

in association with

SUNDERLAND HARRIERS & A.C.

present under A.A.A. Laws

2nd CARNIVAL

5½ MILE ROAD RACE & 2½ MILE BOYS' RACE

At Seaburn Camp, Sunderland
Sunday, August 1st, 2.30 p.m.

★ OVER £250 IN PRIZES ★

(including Portable T.V., Tea Set, Cutlery, Radio, Camera, etc., etc.)

Prizes to the first 20 Individuals and first 6 Teams (6 to run, 3 to count). Vets prizes and oldest competitor. Boys' Race: Plaques to first 8 Individuals and first 3 Teams. Free tea to competitors and officials.

Come along and bring the family, enjoy the Carnival atmosphere and run in the BIG RACE watched by thousands of spectators along Sunderland's sea front.

Entries: £1 per team, 20p individuals. Every runner must enter individually. Boys' Race: 50p per team, 20p individuals.

Entries close Saturday, 17th July to Kevin Carr, 46 Ainthorpe Close, Burdon Park, Tunstall, Sunderland.

GOAT FELL HILL RACE

At Isle of Arran, May 22nd

1, I. Roberts (Holm) 73:35 (rec); 2, M. Weeks (Bing) 74:13; 3, B. Finlayson (Loch) 74:36; 4, A. Styan (Holm) 80:23; 5, D. Overton (Kend) 81:21; 6, D. Murray (Clay) 81:43; 7, R. Shields (Clydes) 83:12; 8, J. Ferguson (Ayr) 85:23; 9, W. Lambert (Holm) 86:32; 10, K. Paterson (EAC) 86:43. Teams: 1, Holmfirth 14; 2, Ayrshire 36; 3, Lochaber 40.

LOTHIAN YOUNG ATHLETES MEETING

At Meadowbank, June 9th

(Youths): EAC 103; March Castle School 66; Livingstone & Dist 25. 100/200/LJ: P. Little (EAC) 11.2/22.7 & 6.63/21'9". 800: N. Jones (EAC) 2:01.9. HJ: J. Allardyce (EAC) 1.75/5'8". (Boys): EAC 70; Bathgate Acad 48; Livingstone & Dist 33. 100/200: S. Matthews (EAC) 12.1/24.2. HJ: R. Hepburn (EAC) 2.00/6'6". (World age 14 best). LJ: S. McAslan (Trin) 5.64/18'6".

BEARSDEN HIGHLAND GAMES

At Glasgow, June 12th

10 Mile Road Race: 1, C. Youngson (ESH) 52:35; 2, W. Yate (Mary) 53:10; 3, A. McFarlane (Spring) 53:15; 4, P. Dolan (Clyd) 53:28; 5, P. Preston (Cambus) 55:17; 6, W. Stoddart (GWH-V) 55:31; 7, G. Brown (ESH) 56:29; 8, J. Small (Clyde V) 56:43; 9, D. Wyper (WoS) 56:53; 10, H. Mitchell (Shett) 57:02. (H/cap): Brown (10:00) 46:29. SP/Scots Hammer: H. Davidson (ESH) 15.26/50'0" & 36.04/118'3". Weight over Bar: 1, R. Davidson (Coat) 3.96/13'0"; 2, H. Davidson 3.81/12'6". (Overall Champs): H. Davidson 14. (Vets) 80m: R. Whitelock (Vic P) 10.3 (former Scottish sprint champion in 1950s).

PYE GOLD CUP

(Scotland West)

At Scotstoun, June 13th

Edinburgh Southern 145; Shettleston 123; Victoria Park 109; Central Region 89; Garscube 82; Falkirk Victoria 69; Pitreavie 54; Ayrshire 44. 100: 1, D. Hislop (ESH) 10.6w; 2, R. Dunlop (Gars) 11.1. 200: Hislop 22.5w. 5000: D. Logue (ESH) 14:22.6. 3000SC: W. Sheridan (Vic P) 9:16.0. 110H: 1, D. Findlay (Pit) 15.2; 2, I. McEwan (Shett) 15.2; 3, I. Grant (ESH) 15.9. DT: 1, C. Watson (Vic P) 46.14/151'4"; 2, A. Black (ESH) 40.28/132'2". HT: Black 40.82/133'11". JT: D. Birkmyre (Vic P) 63.60/208'8".

(Further Scottish News on Page 33)

Book Reviews

"Discus Throwing" by Wilf Paish; BAAB Instructional Book; obtainable from 'AW' Book Dept; £1.15 post paid.

Latest addition to the revised BAAB Instructional Book series is this work on the discus by Wilf Paish, BAAB National Coach with special responsibility for the event. Among topics covered are technique, training and teaching the event, and there are captioned photo sequences of Faina Melnik and Ricky Bruch.

MELNIK continued from page 17

"OK, the domestic fans and officials have been expecting me to get over the 70m mark for almost two years," she said. "But earlier I had trouble with my right thigh. Now it's my hand. It's maddening. You can't throw 70m like this. I can be thankful if I get through the season OK. The worst part of it is, of course, that noone seems to know the reason for my hand pains."

Her outburst was put down to a case of nerves by some. In Zurich, Melnik was to face serious competition, in the shape of a much-improved Argentina Menis who raised her best to 67.88m in mid-August (form she failed to repeat in Nice, the Rumanian girl claimed, because she was tired); of the GDR's Sabine Engel who was throwing over 66m in training (she was to break Hinzmänn's two-year-old record of 67.02 just three days after Zurich with 67.34); and of the Bulgarian Maria Vergova.

But the talking did not go on long. Faina had a new record two days later on August 20th—70.20m (230'4"). She became the first woman in the world to throw the discus over the magic 70m mark, and the presence of her supposed rivals appeared not to have bothered her in the least.

In the wake of her new triumph, the controversial Melnik—who is, as a true Armenian, big-hearted, generous, easy-to-talk-to, yet also very subtle and diplomatic when called for and not the girl to get the wrong side of—thus commented: "I want to have close rivals. I need them to be spurred to new heights. In fact, I would have been past the 70m mark a lot earlier if I had had some competition. But in the Rome Europeans, which promised to be a prime occasion, my early 69.00m throw depleted everyone, and the same happened on several other auspicious occasions. I find big occasions and close rivals stimulating. Anyway, now I have broken the world record for the tenth time. I want to break it ten times again, to exceed (262'5") 80m and to be there still, winning, in the 1980 Moscow Olympics."

With the benefit of hindsight, she described her 70.20m dream record as "a final, end-of-the-season fling. I had already stopped training on August 6th for the current season, and was just winding down, so that I could start the Montreal build-up in September with new strength."

Subsequently, in the UK-USSR match at Crystal Palace, Faina managed only one good throw before injuring herself—but that 66.32m was more than enough to win.

World All-Time List

70.50	Faina Melnik (USSR)	1976
69.08	Carmen Romero (Cuba)	1976
68.62	Maria Vergova (Bul)	1976
68.36	Sabine Engel (GDR)	1976
67.96	Argentina Menis (Rum)	1976
67.02	Gabriele Hinzmänn (GDR)	1973
66.44	Evelin Schlaak (GDR)	1976
66.42	Maria Betancourt (Cuba)	1976
65.74	Brigitte Sander (GDR)	1976
65.36	Natalya Gorbachova (USSR)	1976



Defending Olympic champion, twice European gold medalist, and prolific world record breaker — Faina Melnik must be rated the greatest female discus thrower of all time.

Novosti

Will her rivals be able to get closer to her, or perhaps even successfully challenge her, this year? In general, they are not even hoping to get that far themselves. Argentina Menis says resignedly: "I would just like to get a medal—any medal in Montreal, and to break the world record just once more in the course of my career." Sabine Engel, who occupied third place behind Melnik and Menis on the 1975 world list with 67.34m, is even more modest: "I did not expect to throw 67m yet. I am still learning. My turn is very slow; I am hoping to improve on that before the Games." Carmen Romero (who now ranks second of all-time) is the only one to be heretic enough to dream of overcoming almighty Faina Melnik in Montreal. "Faina is, of course, the favourite," she says. "But—who knows? It all depends on who will be in peak form on the day. I am certainly counting on getting into the medals."

Chances are, though, that Faina Melnik will collect her second Olympic gold. She broke the world record yet again in April (70.50/231'3") and is well ahead of the field, dictating the rate of progress on her own terms. She certainly had a lot to do with raising the world record from 60m to 70m in a mere eight years, when it took all of 31 to raise it from 48.31m to 60m.

Winner of the Kent Intermediate HJ was Anita Watton, and not Vatton as printed.

EUROPEAN RESULTS contd. from page 19

(Pol) 10.38, Lara (Cub) 10.43, Lacko 10.43; 400: Juantorena (Cub) 45.89, Pietrzyk (Pol) 46.70; 800: Juantorena 1:46.8, Savic (Yug) 1:47.1; 5000: Arndt (GDR) 13:35.2, Simoes (Por) 13:35.8; 110H: Casanas (Cub) 13.63, Myasnikov (USSR) 13.72; HJ: Senyukov (USSR) 2.20/7'2½"; PV: Kozakiewicz (Pol) 5.40/17'8½"; TJ: Sanyeyev (USSR) 16.75/54'11½", Vychichlo 16.21; women's 400: Cerchlanova 52.11, Haggman (Fin) 52.21; 800: Jackson (US) 2:02.1; 1500: Purcell (RoI) 4:16.9; 100H: Lebedyeva (USSR) 12.96; HJ: Karbanova 1.87/6'1½", Mracnova 1.87, Meyfarth (WG) 1.84; LJ: Suranova 6.47/21'2½"; SP: Fibingerova 21.45/70'4½", Melnik (USSR) 20.03, Krachevskaya (USSR) 20.00; DT: Melnik 69.22/227'1"; JT: Hommola (GDR) 61.64/202'3". **5.6. Ostrava.** 400: Juantorena (Cub) 44.70; HJ: Senyukov (USSR) 2.26/7'5"; SP: Brabec 20.58/67'6½"; DT: Jacobi (GDR) 65.54/215'0", Danek 63.44; women's 800: Jackson (US) 2:00.7, Cerchlanova 2:01.9; 100H: Lebedyeva (USSR) 12.92; LJ: Alfeyeva (USSR) 6.55/21'6"; SP: Krachevskaya (USSR) 20.97/68'9½", Fibingerova 20.86; DT: Sander (GDR) 64.88/212'10".

AUSTRIA

15.5 Innsbruck. 400H: Akie-Bua (Uga) 50.0; DT: Wilkins (US) 63.04/206'10". **24.5. Vienna.** 1500: Malan (SA) 3:38.6, Hasler (Lie) 3:41.6 (rec). **27.5. Innsbruck.** Women's 100: Stecher (GDR) 11.2; 400: Wildschek 52.2. **19/20.6. Vienna.** 400: Brydenbach (Bel) 46.18; 800: Van Damme (Bel) 1:47.8; 5000: Puttemans (Bel) 13:34.2; HJ: Moreau (Bel) 2.21/7'3", Torring (Den) 2.18; SP: Egger (Swi) 19.48/63'11" (rec); women's HJ: Ahlers (Neth) 1.87/6'1½", Erb (Swi) 1.84 (rec).

BELGIUM

30.5. Brussels. 1500: Mignon 3:39.3; 5000: Polleunis 13:33.8; LJ: Dresruelles 7.79/25'6½" (rec); SP: Schroeder 19.34/63'5½" (rec); women's DT: JANET THOMPSON 50.60/166'0".

BULGARIA

29/30.5. Sofia. 400H: Parris (Gre) 50.29; DT: Velev 64.96/213'1".

FINLAND

27.5. Vantaa. 3000SC: Kantanen 8:26.6, Copu (Rum) 8:27.8, Maranda (Pol) 8:28.2; PV: Slusarski (Pol) 5.35/17'6½", Kozakiewicz (Pol) 5.35; JT: Dzhonev (Bul) 83.18/272'11"; women's 200: Szewinska (Pol) 22.8. **27.5. Helsinki.** Women's

100: Haglund (Swe) ran manual 11.1, not electrical 11.13. **30.5. Mikkeli.** 3000: Vakkuri 8:13.2, Viren 8:14.0; JT: Siitonen 84.64/277'8". **30.5. Pietarsaari.** Women's 5000: Holmen 16:04.2. **3.6. Jyväskylä.** JT: Siitonen 86.96/285'4". **12/13.6. Turku.** (Finland 143, Norway 69) 1500: Loikkanen (Jnr) 3:40.5; 5000: K. Kvalheim (N) 13:28.8; 10,000: Paivarinta 28:02.4, Vainio 28:07.4; 3000SC: Kantanen 8:28.4; PV: Kalliomaki 5.35/17'6½"; DT: Kahma 65.34/214'4". Tuokko 64.28, Hjeltens (N) 62.24; JT: Siitonen 85.74/281'3", Thorslund (N) 85.00, Grimnes (N) 82.26; women (Finland 73, Sweden 61, Norway & Denmark 44, Iceland 15) 400: Salin 51.6; 1500: 3000: Holmen 4:13.9/14.0; HJ: Sundquist 1.85/6'0½", Tannander (S) 1.85; LJ: Szabo (Hun) 6.50/21'4". **16.6. Helsinki.** JT: Hovinen 91.12/298'11".

FRANCE

7.6. Paris. TJ: LeGoupil 16.54/54'3½". **9.6. Rennes.** 10,000: Rault (40) 28:33.4. **16.6. St Maur.** 5000: Boxberger 13:32.6, Cairoche 13:35.8. **20.6. Villemomble.** 400: Nallet 46.8, Herrmann (WG) 47.0; PV: Abada 5.35/17'6½"; women's 100: Rega 11.27 (rec), Telliez 11.47. **20.6. Viry-Chatillon.** HT: Accambray 71.90/235'11". **20.6. Pau.** Mar: Alain Mimoun (56!) 2:45:54.

HUNGARY

19.5. Budapest. DT: Tegla 63.14/207'2"; JT: Nemeth 83.34/273'5". **23.5. Budapest.** JT: Nemeth 84.46/277'1", Csik 82.74. **25.5. Budapest.** JT: Nemeth 84.54/277'4" (88.08/289'0" in Finland), Csik 84.14, Boros 84.10 (86.30 in Finland); women's HJ: Matay 1.85/6'0½"; LJ: Bruzsenyak 6.40/21'0". **29.5. Miskolc.** DT: Farago 63.80/209'4".

ITALY

2.6. Turin. 100: Crawford (Tri) 10.1; 400: Lopez (Spa) 46.4; 800: Grippo 1:47.0 . . . 8, Fiasconaro 1:51.1 (has since announced retirement); 110H: Pusty (Pol) 13.5, Ronconi 13.6, Pfister (Swi) 13.7; LJ: Stekic (Yug) 8.39/27'6½"/w (+2.6m) (legal 8.27/27'1½"), Pereverzev (USSR) 7.92; women's 100: Maslakova (USSR) 11.2; 400: Bottiglieri (Ita) 52.4 (rec), Pavlicic (Yug) 52.8; 1500: Dorio 4:12.4; HJ: Simeoni 1.86/6'1½", Pira (Bel) 1.84, Schlachto (USSR) 1.84. **5/6.6. Milan.** (Poland 126, Italy 81; Poland 128½, Rumania 82½; Italy 112, Rumania 98) 100/200: Woronin (P) 10.2/20.8; 400: Werner (P) 45.7; 800: Grippo 1:46.9, Ghipu (R) 1:47.0, Gesicki (P) 1:47.3; 1500: Wasilewski (P) 3:40.2, Ghipu 3:40.6;

7th SPALDING RELAYS

Castle Track, Sunday, August 1st

Start 1 p.m.

4 x 100m, 4 x 200m S/J, Y, B, SL, IL, JL;
4 x 400m S/J, B, SL; 4 x 800m Y; 3 x 800m
SL, JL. Team Events (3 score) S/J 5000m,
Boys' 1500m.

Entries close July 19th (20p per event)
(A.A.A./W.A.A.A. Laws). Entries: R. E. S. Clay,

**24th HOLBEACH '10'
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Fast, quiet country course. £50 in prizes.

Saturday, August 7th, at 3 p.m.

Farmer School, Park Road, Holbeach

Team Fee (Incl. Ind.): £1 any number, 3
score. Individual 25p.

Entries close July 25th

82 Spalding Road, Holbeach, Lincs (0406-23316).

10,000: Kowal (P) 28:22.0, Floroiu (R) 28:23.2, Kopijarz (P) 28:23.6, Fava 28:26.2, Cindolo 28:31.2; 400H: Hewelt (P) 50.2; Relays: Poland 39.0/3:05.4; HJ: Wszola (P) 2.24/7'4" (rec), Bergamo 2.22 (rec); PV: Kozakiewicz (P) 5.50/18'0" (rec); JT: Bielczyk (P) 83.90/275'3". **Later result:** HJ: Fortini (19) 2.23 (rec).

POLAND

29.5. Warsaw. Women's 100: Szewinska 11.20w (11.19w ht). **29/30.5. Bydgoszcz.** 110H: M. Wodzynski 13.66; HJ: Wszola 2.22/7'3" (rec); PV: Kozakiewicz 5.62/18'5" (Eur rec), Slusarski 5.62, Buciariski 5.30; SP: Komar 18.66/61'2" (rec); 20kmW: Bautista (Mex) 1:23:39 (world best), Gonzales (Mex) 1:24:19, Colin (Mex) 1:26:20, Ornoch 1:26:22. **12/13.6. Spala.** Dec: Skowronek 8078, Zeilbauer (Aut) 8032, Katus 7993; women's Pent: Debourse (Fra) 4413 (1.85 HJ), Rampf (GDR) 4360.

Canadian Olympic Trials

29/30.5. Quebec City. (1st Olympic Trials) 100: Fraser 10.1, Martin 10.2; 200: Fraser 20.7; 400: Saunders 46.9; HJ: Forget 2.20/7'2" (rec), Joy 2.18, Ferragne 2.18; PV: Wenman 5.00/16'4" (rec); LJ: Rock 7.75/25'5" (rec); TJ: Bell 15.79/51'9" (rec); SP: Dolegiewicz 19.64/64'5" (rec), Pirnie 19.37; DT: Chambul 60.46/198'4" (rec); HT: Keating 67.20/220'6" (68.30/224'1" rec, on May 8th); JT: Lajoie 76.08/249'7", MEL GAVRILOVIC 74.66; women's 100: Loverock 11.2 (11.1 sf, rec), Bailey 11.2; 200: Loverock 22.6 (rec; 22.6 sf), McTaggart 22.8, Stride 23.5; 400: Stride 53.9, Yakubowich 54.7; 800: Wenzel 2:08.3, Saunders 2:08.4, Hoffman 2:08.5; 100H: Bradley 13.6; HJ: Brill 1.89/6'2" (rec), Walker 1.84, White 1.80; LJ: Jones 6.31/20'8" (rec); DT: Ionesco (eligible to represent Canada only if Rumanian Olympic Committee agrees) 58.04/190'5" (62.86/206'3" on May 23rd); Pent: Jones 4507.

12/13.6. Montreal. (2nd Trials) 100: Nash 10.52, Fraser 10.56; 200: Saunders 46.9, Domansky 46.86; 400: Griffin 1:48.6; 800: Hill 3:39.7, Spir 3:40.1, Craig 3:40.5; 1500: McLaren 13:49.8; 5000: Shaughnessy 29:01.8; 3000SC: Sax 8:43.8; 110H: Taillon 14.18; 400H: Williams 51.87; HJ: Joy 2.22/7'3" (rec), Beers 2.20, Ferragne 2.20, Cuttall 2.16, Doza 2.16; PV: Simpson 5.00/16'4" (rec); LJ: Buchanan 7.91/25'11" (rec), MacAndrew 7.79; DT: Roost 57.30/188'0" (rec); JT: Olsen 79.86/262'0" (rec); 3, GAVRILOVIC 73.82; women's 100: Loverock 11.69; 200: Bailey 23.94 (23.60 sf); 400: Yakubowich 53.86; 800: Saunders 2:06.0, Hoffman 2:06.1; 1500: Werthner 4:15.0; HJ: White 1.85/6'0" (rec), Brill 1.85, Bittner 1.80; LJ: Jones 6.41/21'0" (rec); DT: Ionesco 61.50/201'9", Haist 60.10, Moreau 58.26.

Marathon Trial: Yetman 2:16:32, Hughson 2:17:29, Howard 2:19:02, Bob Moore 2:20:00, Armstrong 2:20:48 . . . 19, Bruce Kidd 2:26:17, 21, Arthur Taylor (49) 2:26:35; Drayton excused trial. **20kmW:** Jobin 1:30:29 (rec).

NEW FRIENDS

'76 Gola Lynx: This training shoe is made in the Far East and is the Oriental copy of the SL72. It is a very good copy and excellent value for money. Features: high quality yellow nylon upper with suede wing cap, heel counter and facing; soft nylon tongue; pillow padded high collar; new sure-grip gristle rubber sole with wrap-round toe and heel; and microcellular heel wedge. One of last year's best selling shoes for middle and low mileage runners. (If you are a high mileage man, give your feet a chance with the Adidas SL76). Size 5 **£8.45**, 6-11 **£9.45** (no half sizes).

Adidas Jigger: Well named because this is excellent value for the low mileage man. Blue suede upper with an extremely hard wearing sole but in our opinion not enough resilience for the high mileage man. Very good value as a leisure or light training shoe. Size: 5½ **£6.90**, 6½-8½ and 10½ **£7.45**.



Adidas SL76: In our opinion this is the best general purpose shoe on the market. Features: Green nylon uppers with yellow stripes; roll heel; hard wearing ridge sole; extra layer of resilient rubber running right through the sole; and new eyelets to help stop the laces from tearing. Sizes 5-11 (excluding 9½ & 10½) **£11.95**. **Adidas Country:** The shoe with the wrong name. We reckon it is the best road and training shoe on the market because it has even more cushioning between the feet and the road than the SL76. So if you do most of your training on roads then this is the shoe for you. White leather uppers with green stripes. Size 5 **£12.25**, 6-11 **£12.95**.

Adidas Gazelle: This is the old faithful—still the favourite of many high mileage road men. It features that famous sole which is full of air bubbles to cushion the punishment and prevent tendon jarring. Blue suede uppers. Size 5½ **£10.25**, 6, 6½, 7½, 8, 9, 9½, 11 **£10.95**.

Adidas Tornado: With leather and nylon becoming more and more expensive, Adidas have introduced a new material for the uppers called CANGORAN GHILLY (no kidding). It breathes and lasts a long time and has the same D ring lacing as the SL76. We think this will prove to be an excellent road racing and training shoe at a reasonable price. Sizes 5-5½ **£9.15**, 6-12 **£9.90**.

Please be sure to send a foot outline as well as details of usual size as all lasts vary.

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Pye Women's Cup

(First Round)

At Stretford, June 13th

City of Stoke 78; Cannock Chase 76; Charnwood 59; Warley 55; Holbeach 36; Burton 14. 400: 1, B. Thompson (Charn) 57.5; 2, H. Hill (Cann) 57.8; 3, C. Knox (Stoke) 58.6; 4, C. Perfit (War) 58.9. 800: Hill 2:14.6. 1500: A. Tunnicliffe (Stoke) 4:41.9. 3000: C. Readdy (Stoke) 10:20.4. 100H: 1, L. Ilderton (Stoke) 15.0; 2, B. Thompson (Charn) 15.6; 3, Ormiston (Cann) 15.6. HJ: 1, H. Spencer (Cann) 1.60/5'3"; 2, D. Ilderton (Stoke) 1.58/5'24". LJ: B. Thompson (Charn) 5.60/18'44". SP: 1, J. Cox (Cann) 12.41/40'84"; 2, B. Clay (Holb) 10.70/35'14"; 3, Y. Stewart (War) 10.60/34'94". DT: E. Bali (Cann) 35.78/117'5". JT: J. Williams (Cann) 47.12/154'7". 4 x 400: City of Stoke 4:04.5.

At Crawley, June 13th

Bracknell 110; Brighton & H 103; Southampton & E 102; Crawley 85. 800: M. Joyce (Craw) 2:14.2. 3000: 1, M. Samy (Brack) 10:27.6; 2, J. Dawkins (S&E) 10:32.4. 100H/400H: L. Hunt (Brack) 15.6/68.2. LJ: J. Patching (B&H) 5.54/18'24". SP: 1, J. Thompson (Brack) 14.04/46'04"; 2, J. Britton (S&E) 10.50/34'54". DT: 1, Thompson 48.94/160'7"; 2, S. Brighty (Craw) 34.34/112'8". JT: J. Brown (Craw) 35.68/117'1". 4 x 400: S&E 4:04.7.

At Cleckheaton, June 13th

Sheffield 116; Liverpool H 105; A&SV 96; Spennborough 81; Bolton 57. 100: 1, L. Gillespie (Sheff) 12.1; 2, M. Laing (Liv) 12.4. 200: Gillespie 25.6. 400: 1, R. Livingstone (Liv) 56.6; 2, G. Williams (A&SV) 57.2. 800: 1, C. Biggin (Sheff) 2:14.6; 2, S. Newbold (A&SV) 2:16.5. 1500: 1, J. Clarke (Sheff) 4:41.8; 2, M. Belk (A&SV) 4:44.1. 3000: 1, J. Furniss (Sheff) 10:22.4; 2, Belk 10:43.8. 100H: C. Hardaker (Liv) 14.8. 400H: L. Whitaker (A&SV) 68.2. HJ: 1, G. Williams (A&SV) 1.65/5'5"; 2, V. Langley (Sheff) 1.65; 3, M. Laing (Liv) 1.59/5'24". LJ: B. Langley (Sheff) 5.72/18'94". SP: S. Wilson (Sheff) 10.61/34'94". 4 x 100: 1, Sheffield 49.8; 2, Liverpool 49.9. 4 x 400: 1, Liverpool 3:58.3; 2, Sheffield 4:03.4.

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BIDDULPH, STOKE-ON-TRENT, STAFFS

At Aldershot, June 13th

LOAC 76; Exeter 73; AF&D 56; Wycombe Phoenix 47; Epsom & E 46; Barnet 27. 100: J. Long (Wyc) 12.4. 200: 1, B. Martin (LOAC) 25.2; 2, L. Taylor (Ex) 25.5. 400: 1, P. Whitter (Ex) 58.3; 2, M. Watson (Barn) 59.3. 800: 1, M. Sonner (LOAC) 2:16.1; 2, E. Harding (E&E) 2:16.5. 1500: 1, L. Harvey (LOAC) 4:22.8; 2, C. Curthoys (AF&D) 4:33.6. 3000: 1, V. Rowe (LOAC) 9:37.4; 2, C. Gould (Barn) 9:51.4. 100H: 1, Long 14.4; 2, L. Butters (Ex) 15.2; 3, M. Atkinson (AF&D) 15.4. 400H: 1, J. Farry (AF&D) 65.1; 2, L. Hickie (LOAC) 65.2; 3, F. McRae (Ex) 66.1; 4, A. Thomson (Wyc) 67.5. HJ: 1, B. Lawton (AF&D) 1.72/5'74"; 2, A. Thompson (Wyc) 1.69/5'64"; 3, H. Selway (Ex) 1.66/5'54"; 4, J. Brown (E&E) 1.60/5'3". LJ: 1, R. Godbeer (Ex) 5.80/19'04"; 2, J. Chick (LOAC) 5.47/17'114". SP: 1, L. Mallin (Ex) 11.92/39'14"; 2, M. Pulman (LOAC) 11.37/37'34"; 3, C. Dyer (AF&D) 10.93/35'104". DT: 1, Mallin 48.28/158'5"; 2, A. Sharman (LOAC) 39.34/129'1"; 3, K. Phillips (E&E) 35.28/115'9"; 4, K. Goulding (Wyc) 33.28/109'2". JT: 1, L. Stratford (AF&D) 40.92/134'3"; 2, C. Tripp (LOAC) 35.96/118'0". 4 x 100: 1, LOAC 48.0; 2, Exeter 48.4; 3, AF&D 49.3. 4 x 400: 1, LOAC 3:56.6; 2, Exeter 4:04.1.

At Middlesbrough, June 13th

Team Scores only: Pitreavie 120; North Shields Poly 106; Middlesbrough & Cleveland 86.

SCHOOLS CHAMPIONSHIPS LANCASHIRE

At Lancaster & Morecambe CoE, June 12th

LJ: A. Taylor (WL) 6.96/22'10". (Inters) 1500: M. Morton (Ribble) 4:09.6. 1500SC: S. Capper (Lanc) 4:35.8. DT: S. Abbott (B'pool) 39.28/128'10". JT: G. Martland (WL) 49.06/160'11". (Juniors) 800: 1, K. O'Connor (B'burn) 2:06.0; 2, D. Jackson (S Ribble) 2:06.6. 1500: D. Lewis (Ross) 4:16.6. DT: M. Fecky (Fylde) 36.56/119'11". (Inter Girls) 400: 1, V. Hodson (B'burn) 58.4; 2, S. Barnett (Lanc) 60.4. 800: W. Wrathmall (Ribble) 2:22.8. JT: J. Begg (B'pool) 32.42/106'4". (Juniors) 800: 1, D. Heckingbottom (B'burn) 2:23.9; 2, C. Caine (Ross) 2:24.9. 1500: 1, J. Croasdale (B'burn) 4:59.3; 2, J. King (B'burn) 5:02.6. HJ: T. Gale (WL) 1.54/5'04". LJ: S. Helme (B'pool) 4.94/16'24". JT: B. Fish (B'burn) 29.56/97'0".

DURHAM

At Framwell Moor CS, June 12th

(Intermediate Boys) 800: A. Lawrence 2:01.5. 3000: S. Cram 9:09.6. TJ: J. Carney 13.16/43'24". SP: J. Anderson 13.76/45'14". HT: D. Huggall 51.60/169'3". (Senior Girls) HJ: K. Chaytors 1.65/5'5". JT: H. McDonald 39.00/127'11". (Inters) HJ: 1, G. Sumner 1.66/5'5"; 2, S. Bell 1.56/5'14". SP: 1, J. Charlton 10.20/33'54"; 2, J. Rush 9.56/31'44". DT: J. Collinson 30.60/100'5". (Juniors) 800: D. Hillen 2:26.3. SP: E. Orr 9.30/30'64". DT: S. Hall 27.12/89'0".

Second in the 400m at Crystal Palace (Oxford v SCAA v Loughborough) on April 28th was Axel Salander (Oxford) and not as published.

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Organised by the British Amateur Athletic Board under I.A.A.F rules

Great Britain v Poland v Canada



Crystal Palace

3rd July 5.30-8.00pm
4th July 2.30-5.30pm

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Dave Roberts Vaults 5.70

THE shocks continued in the USA's sudden-death trials at Eugene last week. Following the demise of Steve Williams and Terry Albritton came the elimination of Jim Bolding, Ralph Mann and the injured Marty Liquori. On the credit side, though, were such brilliant performances as Dave Roberts' world pole vault record of 5.70/18'8½" (using Earl Bell's pole after his own shattered on his first attempt at that height), Edwin Moses' 48.30 400 hurdles, Rick Wohlhuter's 1:44.8/3:36.5 double, and Bruce Jenner's 8507 decathlon score using electrical timing (8538 unofficially with manual times).

June 21st: 800: Wohlhuter 1:44.8, Robinson 1:45.9, Enyeart 1:46.3, Belger 1:46.4, 400H: Moses 48.30, Wheeler 48.65, Shine 49.33, Bolding 49.55, Schwab 49.81, Mann 49.82; DT: Wilkins 68.32, Powell 67.34, Silvester 64.74, Drescher 63.44; women's 100: (+1.9m) Morehead 11.08, Cheeseborough 11.13, Ashford 11.22, Jiles 11.31.

June 22nd: 200: (+1.7m) Hampton (19) 20.10, D. Evans (18) 20.22, Lutz 20.42, Riddick 20.45; 10,000: Shorter 27:55.4 (14:02.0, 13:53.4), Virgin 27:59.4, Bjorklund 28:03.8, Rodgers 28:04.4; PV: Roberts 5.70 (world rec), Bell & Porter 5.50, Pullard 5.40; women's 800: Jackson 1:59.8 (rec), Poor 2:00.6, Weston 2:00.7; Pent: Frederick 4622, Fitzgerald 4417, King 4374.

June 24th: 110H: (+2.2m) Foster 13.44, Davenport 13.52, Owens 13.57 (13.52w ht), Cooper 13.63 . . . 8, Hill 13.92 (13.46 sf); HT: Hart 67.84; women's 200 (+2.3m) Morehead 22.49, Cheeseborough 22.64, Armstrong 22.74; HJ: Girven 1.87, Huntley 1.84, Spencer 1.81.

June 25th: 400: Parks 45.58, Newhouse 45.76 (45.24 sf), Frazier 45.84; LJ: (windy) Robinson 8.37, Myricks 8.26, Williams 8.18; women's 400: Ingram 52.69 (52.46 sf), Sapenter 52.73 (51.79 sf), Bryant 52.76 (52.06 sf); DT: Winbiger 50.66.

June 26th: TJ: (windy) Butts 17.29, Haynes 17.02, Dupree 17.01, Banks 16.88, Livers 16.87, Craft 16.77; Dec: Jenner 8507, Dixon 8265, Samara 7980.

June 27th: 1500: Wohlhuter 3:36.5, Centrowitz 3:36.7, Durkin 3:36.7; 5000: Buerkle 13:26.6, Macdonald 13:29.6, Geis 13:38.6; 3000SC: Brown

8:27.4, Marsh 8:27.4, Roche 8:32.8; HJ: Jankunis 2.28, Stones 2.25, Barrineau 2.25; JT: Colson 84.18, George 82.22, Hall 81.58; women's 1500: Poor 4:07.3 (rec), Merrill 4:07.4, Lutz 4:08.1; 100H: Brady 13.25w, LaPlante 13.27, Donnelly 13.36; SP: Seidler 16.25.

OLYMPIC STANDARD FOR CORDEN

Mike Corden made an eleventh hour bid for Olympic selection by leading Britain (21,921) to victory in the decathlon match against Denmark (20,991), Spain (20,451) and the Netherlands (20,270) in Copenhagen last weekend. He scored a personal best of 7750 for 2nd place on the UK all-time list. Nick Phipps also excelled himself with 7532 in 2nd place but Daley Thompson, overnight leader with 4040 (including personal bests of 10.6 and 48.6), failed to clear a pole vault height and placed 10th with 6639. There was another UK 1-2 in the pentathlon, where Sue Longden totalled her highest score of 4422 with Hazel Oakes registering 4229 and Pat McNab (5th) 3971. Britain (12,622) won the match against the Netherlands (12,022) and Denmark (11,833).

DAVID JENKINS RUNS 45.1

Despite easing near the finish because of cramp pains in his right leg, David Jenkins clocked the second fastest time of his career — 45.1 — in Brussels last Saturday. Fons Brydenbach won in 45.0.

BORZOV'S BACK!

Valeriy Borzov, injured earlier in the season, returned to form in the Soviet Championships last week, winning the 100 easily in 10.27.

VIREN 27:43.0—STEWART 4th

Ian Stewart shattered his personal best for 10,000 and ran 6.6 sec inside Bernie Ford's fastest for the season by clocking 28:00.4 in Helsinki on June 23rd—but was left far behind by a scintillatingly back to form Lasse Viren. Stewart, who was dropped on the 20th lap, covered both halves of the race in around 14 min, whereas the Olympic champion ran his second 5000 in 13:43.0! Pekka Paivarinta was 2nd in 27:54.4, Franco Fava 3rd in 27:55.6. Other British placings—3000SC: 6, J. Bicoourt 8:25.4 (Gardner 8:16.8); JT: 11, D. Otley 77.64 (Hovinen 93.54); women's 400: 3, V. Elder 52.68 (Salin 51.18).

LONG JUMPERS STAR IN FRANCE

Sue Reeve equalled her personal best of 6.46/21'2½" (+2m/sec) when winning the French title in Lille last Friday, but the big news came next day when Roy Mitchell leapt a windy 8.16/26'9½" (+2.8m) — a distance bettered only by Lynn Davies among British jumpers. In a remarkable contest he placed 3rd to Rousseau (8.37w/8.26) and Deroche (8.18w). Other British placings: 110H: 2, B. Price 13.73 (Drut 13.54); women's 100: 5, A. Lynch 11.67 (11.54w ht) (Rega 11.15); 12 eq, R. Few 1.65 (Debourse 1.87).

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£3.50 LESS THAN CURRENT PRICE

Adidas 'Racer'. Black velour uppers with red trim. Special heel wedge and triangular elements for synthetic tracks. Sizes: 6, 7½, 9. (Current price £23.00) **£19.50.**

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Long and Triple Jump. Soft, white non-stretch velour uppers, black trim. Special heel and toe padding. Nylon 'special' grip sole. Sizes: 6, 6½, 7, 7½, 8, 8½, 9, 11. (Current price £19.50) **£17.00.**

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Adidas 'Interval'. White oxhide/black trim. Shank to heel wedge protects ligaments, joints and heel against injury. Sizes: 5, 5½, **£13.20**, 6, 7, 8, 8½, 9, 9½, 10, 11. (Current price £16.70) **£14.20.**

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Adidas 'Discus & Shot' Shoe. Blue/white trim. Sizes: 6, 7, 8, 9, 9½, 10. (Current price £18.25) **£16.25.**

Adidas 'Flop' High Jump Shoe. Left foot—sizes: 6, 7, 7½, 8, 8½, 9, 9½, 10, 10½, 11. Right foot—9, 10. (Current price £14.35) **£12.35.**

Adidas 'Straddle' High Jump Shoe. Left foot—6, 6½, 7, 7½, 9, 10, 10½, 11. Right foot—6, 6½, 7, 7½, 8, 8½, 9, 9½, 10, 11. (Current price £14.35) **£12.35.**

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Pre-Olympic Match

PRACTICALLY the complete Olympic team will be involved in the Guardian Royal Exchange international match against Poland and Canada at Crystal Palace this weekend. Among the top stars, only Ian Stewart, Tony Simmons, and Mary Stewart (already at altitude) are missing, while Alan Pascoe and Liz Barnes were deciding this week whether they were sufficiently recovered from injury to compete.

The Polish team features Irena Szewinska, fresh from her world 400 record of 49.75 last week, European steeplechase champion Bronislaw Malinowski, European pole vault co-record holders Wladyslaw Kozakiewicz and Tadeusz Slusarski, Jacek Wszola (who attempted a European high jump record of 2.29 last week), 90m-plus javelin thrower Piotr Bielsczyk and women's hurdles gold medal prospect Grazyna Rabsztyń. Among the Canadians likely to be competing are their star high jumpers, male and female, world class sprinters Patti Loverock and Marg Bailey, Yvonne Saunders and Diane Jones.

Britain's Team

100: S. Green, Piggot; 200: D. Jenkins, McMaster; 400: Cohen, D. Jenkins; 800: Grant, Ovet; 1500: Clement, Foster; 5000: Black, Rose; 10,000: to be announced; 3000SC: Coates, Staynings; 110H: Danville, Price; 400H: to be announced; 4 x 100: from B. Green, S. Green, Matthews, McMaster, Moven, Piggot, Wells; 4 x 400: from D. Jenkins, Cohen, Bennett, Hoffmann, Laing, Pascoe; HJ: Burgess, Butterfield; PV: Gutteridge, Hooper; LJ: Lerwill, Mitchell; TJ: Johnson, Moore; SP: Capes, Dale; DT: Cushion, P. Tancred; HT: Black, Dickenson; JT: Clover, Ottley; women's 100: Lannaman, Lynch; 200: Golden, Lannaman; 400: Elder, Murray; 800: Barnes, C. McMeekin; 1500: Lawrence, Yule; 3000: Ford, Yeoman; 100H: Boothe, Colyear; 4 x 100: from Barnett, Clarke, Colyear, Golden, Lannaman, Lynch, Ramsden; 4 x 400: from Barnes, Elder, Goddard, Murray, Roscoe, Taylor, Warden; HJ: Brown, Walls; LJ: Nimmo, Reeve; SP: Bedford, Oakes; DT: Ritchie, Thompson; JT: Sanderson, Zaslonia.

Timetable

Saturday, July 3rd: 3.00pm—20km walk; 5.30—parade of teams, HJ, LJ (W), JT (W); 6.00—400H; 6.10—100 (W); 6.20—100; 6.30—5000; 7.00—400 (W), LJ, JT (W); 7.10—400; 7.20—3000 (W); 7.40—800 (W); 7.50—800; 8.00—4 x 100 (W) 8.10—4 x 100.

Sunday, July 4th: 2.00pm—PV, HT; 2.30—HJ (W); 2.40—110H; 2.45—DT; 2.50—200 (W); 3.00—200, TJ, SP (W); 3.10—10,000; 3.45—SP; 3.50—100H (W); 4.00—1500 (W); 4.10—1500; 4.15—JT; 4.20—3000SC; 4.35—4 x 400 (W); 4.45—4 x 400.

LETTERS

WHAT'S IN A NAME?

Dear Sir,

I read in the *Daily Mirror* that John Conte had been seen training "on the new 'Tartan' track at Parliament Hill Fields". Of course most of your readers will know that the surface at Parliament Hill Fields is a British product and not the American, or do they? Biro are not the only makers of ball-point pens, nor Hoovers the only makers of vacuum cleaners, nor is every synthetic all-weather running track a 'Tartan'. Brands which are household names have usually earned their high reputations, but are not necessarily the best products in their field.

The athlete who thinks he can identify the make of synthetic surface he is running on will be kidding himself and the West Germans have proved that. Just before the Munich Olympics the West German Sports Federation commissioned the Otto-Graf Institute of Stuttgart to undertake an extensive research into playing surfaces. Well-known manufacturers were invited to co-operate in the research and laid down their own products side by side comprising 15 lanes of regulation width, 70 metres long with provision for long jump and pole vault landing at the end. Included in the experiments were two bituminous lanes! The West German Sports Federation provided their national team of athletes, and teams from physical training colleges, to act as guinea-pigs for the physical tests, and elaborate machinery was designed for the mechanical tests. So that trials, personal reports and impressions should be entirely objective, it was important that athletes should not know the makes of the surfaces on which they were running. Which manufacturers had laid which surfaces was completely confidential.

The Otto-Graf Institute produced a major Report in 1974 and research is continuing. Conclusions are always obvious—when they have been pointed out. For example, where there is no resilience in a track surface there is no loss of an athlete's energy into the ground, no wastage of his driving force. With some synthetic surfaces the loss of energy was found to be quite considerable, whilst at the other extreme the loss of energy on a bituminous surface was almost too small to be measured.

May I quote from their Report: "In addition to the empirical observations, the following theoretical considerations should be taken into account. The dynamics of the mechanical system reveal that athletes can run faster the lower the resilience of the track. Furthermore, it has also been demonstrated that the success of tread increases with decreasing resilience. Sureness of tread means here that the athlete's foot does not make any disturbing lateral nor tilting movements. Sureness of tread is particularly important when running round bends. For in this case the forces and turning movements tending towards the outside curve

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are transferred to the ankles and so here a control over right movement is vitally important."

I visited the National Sports Centre of Switzerland at Macolin, near Biel, and was curious to know why they should need two synthetic all-weather tracks. They had a six-lane track, the surface of which was a well-known American product. I was told that they had considered the surface to be unsuitable for athletes requiring to do heavy running training; athletes were being limited to three hours a week on it. So they built a four-lane, 300 metre training track, the synthetic surface of which was the considerably less expensive product of a British firm. There was less resilience in the British product.

In May of last year two world records were made on asphalt: in Florida, Houston McTear ran 100y in 9.0 and in Finland, Pekka Paivarinta ran 25,000m in 1:14:16.8. So my conclusions are that schools in this country possessing asphalt tracks are extremely fortunate: permanently marked, all-weather, available all the year round, and the most efficient surface; whilst local authorities planning to lay an all-weather track which will take spikes could, by choosing a British surface, not only do their bank balance a good turn but also help British athletes to better performances.

Jim Braben,
Worcester Park, Surrey

MEADOWBANK TRACK SURFACE A DISGRACE

Dear Sir,

On May 23rd I competed along with four other walkers in the Scottish AAA 3000m Track Walking Championship at Meadowbank Stadium, Edinburgh. I was astounded, as were the other walkers, at the disgraceful condition of the all-weather surface. Air bubbles could be seen on the inside lane at frequent intervals and parts of the track surface were dislodged from the underlying surface. I felt a sense of distinct embarrassment to think that the track authorities and Scottish AAA could allow the surface to deteriorate so appallingly. Race walking is a sport where "contact must be maintained with the ground at all times" and this was certainly a near impossibility as two walkers fell during the race and tripped also. Come along now, it is nearly six years since the truly great Commonwealth Games in Edinburgh, of which Meadowbank was the focal point, were held. This track needs resurfacing now, particularly as I believe many Olympic champions may be gracing its surface later this year at the IAC/Coca-Cola meeting.

Finally may I, on behalf of all competitors, thank Barry Craighead and Scottish AAA for making us welcome and ensuring that no one who had journeyed to Edinburgh went away empty handed afterwards.

Bill Sutherland,
Ilford AC

OWN JAVELINS MAY BE USED

Dear Sir,

In reading the account of the progress of Julie

King in javelin throwing (May 29th issue) I appreciated her disappointment at finishing third in the English Schools Athletic Association Championships of 1972 when she was favourite to win. "I should have won if I had been able to use my own javelin," she claimed.

The opportunity was there to have her javelin checked, and the 'weighing-in' room was marked on the centre page map in the programme. If she put her javelin in for checking and if it conformed with the specifications, she would have been allowed to use it.

I realise that this letter does nothing to help, Julie, but it does give the opportunity to help javelin throwers competing in the 1976 Championships at Cannock. I quote Competition Rule 19 of the ESAA Handbook, which will also be printed in the programme: "That in Championship throwing events except for the javelin, competitors shall use only those implements which have been provided for general use. In javelin events competitors may use their own implements providing these are submitted to the referee for checking and, when approved, shall be available for the use of all competitors in that event."

The normal implements are supplied, but it would be difficult for a staging association to supply all the 'aerodyne' types of javelins of the different weights and for the different lengths of throwing which might be required. Hence this rule, which allows throwers to use their own javelins, is designed so that a javelin thrower who uses a type of javelin different from those supplied shall not be handicapped.

Doris M. Wood,
Chairman, ESAA

POLE VAULTERS CRITICISED

Dear Sir,

At the Inter-Counties meeting I observed once again what I and others I have spoken to view as an increasingly selfish and self-centred act by pole vaulters.

Surely if one is selected for a team, be it club, county or country, it is the duty of those who accept the invitation to do one's damndest to earn points for the team? Athletics is, of course, an individual sport and if pole vaulters set their sights too high and do not record a height in individual contests this is entirely their own choice. Allan Williams and Keith Stock scored no points for their county; they both started too high. Surely it is a duty to the team to start at a realistic height.

I have observed many times Mike Bull and Brian Hooper fail to score in internationals for the same reason. Team managers are failing to keep this habit in perspective by continuing to select athletes who fail their team-mates. Try someone else if this happens again. Too many athletes these days appear to treat meetings before the main championships as training meetings. In my active days we were prepared to double-up at events to earn points and this is certainly seen today in League meetings as well as the Pye Cup competitions.

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PROGRAMME COMMENCES 11 a.m. prompt**CLOSING DATE FOR ALL ENTRIES—MONDAY 26th JULY, 1976**

(Entries not accepted without Entry Fee)

SCHEDULE OF ATHLETIC EVENTS**PRIZE VALUES**

		1st	2nd	3rd	4th
1.	100 METRES HANDICAP—LADIES	£8.50	£4.50	£2.50	—
2.	200 METRES HANDICAP—LADIES	£8.50	£4.50	£2.50	—
3.	400 METRES HANDICAP—LADIES	£8.50	£4.50	£2.50	—
4.	800 METRES HANDICAP—LADIES	£8.50	£4.50	£2.50	—
5.	100 METRES HANDICAP—MEN	£8.50	£4.50	£2.50	—
6.	200 METRES HANDICAP—MEN	£8.50	£4.50	£2.50	—
7.	800 METRES HANDICAP—MEN	£8.50	£4.50	£2.50	—
8.	1,500 METRES HANDICAP—MEN	£8.50	£4.50	£2.50	—
9.	3,000 METRES HANDICAP—MEN	£10.50	£5.50	£3.50	£2.50
10.	100 METRES HANDICAP—VETERAN	£8.50	£4.50	£2.50	—

N.B. CLASSES 3 and 4 Girls must be 16 years of age at midnight on 1st/2nd September 1976.
ENTRY FEE: 20p EACH ENTRY.**SCHOOL CHILDREN**

11.	80 METRES HANDICAP—SCHOOL BOY	£6.50	£3.50	£2.50	—
12.	4 x 100 METRES RELAY—SCHOOL BOY	£6.50	£3.50	£2.50	—
	Age Over 13 years and under 15 years at midnight on 1st/2nd September 1976.				
13.	80 METRES HANDICAP—SCHOOL GIRL	£6.50	£3.50	£2.50	—
14.	4 x 100 METRES RELAY—SCHOOL GIRL	£6.50	£3.50	£2.50	—
	Age 11 years and under 15 years at midnight on 1st/2nd September 1976.				

CLASSES 12 and 14 ONLY. Less than four entries to qualify for two prizes. First £4, Second £2.50. ENTRY FEE: 40p PER TEAM.

CLASSES 11 and 13 ONLY. Six or more starters to qualify for prize money as programme.
Four or Five to qualify for two prizes. First £3.50, Second £2.50. Three starters or less
First £2.50. ENTRY FEE: 20p EACH ENTRY.**SCHEDULE OF WALKING EVENTS**

15.	2,000 METRES WALK SCRATCH— JUNIOR LADIES	£6	£3	£2	—
16.	3,000 METRES HANDICAP— SENIOR: INTERMEDIATE LADIES	£8	£4	£2	—
17.	3,000 METRES HANDICAP—MEN	£8	£4	£2	—

(FIRST JUNIOR under 19 years of age at midnight 1st/2nd September 1976. £5 Class 17).

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ALL ENTRIES TO: E. A. DAKIN Esq., 2 Palmer Avenue, Loughborough, Leicestershire,
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starters to qualify for two prizes, First £5, Second £3. Three or less starters to qualify
for one prize only, First £4. (Adult Class Only, Schoolchildren as above.)

All Competitors will receive a Programme.

This is only my second letter to the magazine in some 20 years of regular reading of 'AW'.

R. J. Bowers,
Cheam, Surrey

FACILITIES IN WREXHAM

Dear Sir,

A recent 'Who's Who in British Athletics' article left me with a feeling of nostalgia since I was a member of the same school and county team as David Roberts and a member of the same university team as Jim Aukett.

I would, however, like to point out a slight inaccuracy in David (known as Dafydd to me) Roberts' comments about the absence of facilities in Wrexham. It is certainly true that when we were youngsters this was the case, but since early last season a new cinder track with floodlights has been available. This is part of a leisure centre complex run by Wrexham Council. As far as coaching is concerned, this is offered to youngsters in all events on Tuesday evenings by qualified coaches. A small number of international school athletes also have further group training for middle distance events on Tuesday evenings.

D. M. Jones,
Hon Sec, Wrexham AAC

VANDALISM AT COLCHESTER

Dear Sir,

I am concerned by an incident of vandalism during an Eastern Young Athletes League Meeting at Colchester. The inspection of the boys' changing rooms at the end of the meeting revealed extensive damage to the walls. As the track is hired from the Army authorities and has recently been redecorated, we were put in a very difficult position. The Garrison CO naturally was extremely annoyed and, but for the fact that a number of parents repaired the damage, was about to ban the club from further use of the track. I feel the visiting clubs should be far more responsible for the conduct of the persons in their charge, and should make greater efforts to discover the culprit(s), for these idiots will do a great deal of harm to the good name of their club and to our sport in general.

D. J. Hill,
BAAB Club Coach/Colchester AC

HAMMER THROWERS OVERLOOKED

Dear Sir,

As an avid reader of your magazine for several years, I have come to the sad conclusion that a section of athletes are not getting their deserved share of the athletic events throughout the country; I refer, of course, to the hammer throwers.

The events for these dedicated people in one year can be counted on one hand, accent always being on the track events. I wonder how many of your readers are aware of the technical skill and arduous training carried out by the hammer throwers.

You carried a large advertisement in your magazine for several weeks concerning the London

Inter-Borough Athletics Championships. I presume that this will involve hundreds of athletes and various events; on enquiring I am told by the organiser for this particular area that the committee did not mention or even consider the hammer throw when the list of events was drawn up. One can only hope that the apathy of the organisers and officials of such selective meetings will be replaced by that well-known phrase 'Sport for all'.

J. G. Russell,
Hayes, Bromley

CRYSTAL PALACE TRAFFIC JAM (Copy of letter sent to Crystal Palace National Sports Centre)

Dear Sir,

This letter is written in your rubble-filled Crystal Palace car park, waiting whilst several thousand cars queue for the single car exit. This after queueing over $\frac{1}{2}$ hour to get in. What is the point of building additional seating capacity if you make it as awkward as possible to attend athletic meetings?

This is not an isolated incident as supporters have continually suffered from this problem since your facilities opened. In fact, some years it has been necessary to climb paling fences to leave the car park on foot. We strongly object to being charged for these pathetic facilities.

The traffic jams you caused this weekend were responsible for the blockage of roads within $\frac{1}{2}$ mile of Crystal Palace, as well as the inconvenience within the arena.

R. A. Simmonds,
Bishop's Stortford

HERNE HILL HARRIERS CC LEAGUE 75/76 Dear Sir,

In your edition of May 15th you printed a letter under the heading 'Disappointment for Youngsters' concerning the awards presented for this league. There has obviously been some misunderstanding and I do not wish therefore to be too harsh in replying to the five 'older athletes of St Joseph's College' but it seems to me they should have had the courtesy to write to the Club's Executive Committee first before airing their views in public, then if they were not satisfied they could have written to you.

Because this was a 'pilot' competition I had no idea of what income and expenditure would be involved in this venture so I never advised any team manager of any Club or School what the awards would specifically be. In support I would refer readers to my letter which you kindly printed under the heading 'New Cross-Country League' in the issue dated August 23rd 1975

SUNDAY, 26th SEPTEMBER

DORMA RELAYS

(Under A.A.A. Laws)

LEVERHULME PARK, BOLTON



All England Schools' Athletics Championships.

9th and 10th July 1976
Cannock Staffordshire

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which includes "... awards which will be made at the end of the season and will depend on the support received." Similar sentences were included in letters sent out to Clubs and Schools, copies of which I enclose as evidence.

Although the support for this venture was good, especially for the Colts and Boys races, by the time of the third match it was obvious to me that our income would be about £70 (affiliation fees plus cafeteria sales) whereas expenditure would be about £55 (hire of dressing rooms, pre-season postage to Clubs/Schools, 2,000 numbers and 4,000 pins, postage sending out results, etc) which left very little with which to purchase awards. However, four cups were presented—one for Colts, one for Boys, one for Youths and one for combined Colts/Boys/Youths team winners plus medals to first three individuals in each age group being the best placed over all five matches.

Last year I felt that a competition of this nature was required south of the Thames and the entry of 34 teams from Schools and Clubs, the latter as far apart as Southampton, Havering and Medway with something like 200 in the Colts, 100 in the Boys and 50 in the Youths in each meeting proved to me that I was right and I certainly intend to repeat the competition next season. There will be some changes (disc recording for team results, different courses at same venue, pen starts) and details are being sent to Clubs and Schools.

Ron Gobey,
Organising Secretary

DILEMMA OF VETS' PARTICIPATION

Dear Sir,

I was delighted to read the centre spread of adverts for Vets' events in your issue of May 29th, together with Clive Shippen's article on 'The Veteran Boom'. Our own club is lucky to have several good and active Vets; the example they set us all in keenness, loyalty and quiet sportsmanship is often inspiring.

But I do hope that they appreciate the corollary of their continuing active participation in the sport. I refer to the growing shortage of the officials and judges necessary to run the increasing number of fixtures. In the past one could expect a feed-back into the clubs of men who had given up active running and who were then prepared to give their services as officials, coaches and judges. On whom now are clubs to call, if the very men whose experience and standing qualify them for these jobs themselves continue to compete and to require from others the back-up organisation they themselves used to provide and which is already hard put to it to provide an efficient service for athletes at Club, League and even County level?

I yield to no one in my respect for the Vets in athletics and in other sports (at 55 how could I do otherwise?)—I merely ask them to consider and plan for the logical consequences of their continued appetite for the sport.

Frank Thomas,
Haringey & Southgate AC

SCOTLAND

FINE SPRINT DEPTH IN U/20 CHAMPS

THE sprinters took full advantage of a strong following wind to record championship records in the 100 and 200m in all three age groups of the Scottish AAA Junior, Youth and Boys Championships at Meadowbank on June 12th. Cameron Sharp recorded a fine 10.6 to defeat Bob Denham by a yard in the Junior 100 but despite clocking 21.5 was only second in the 200 to Denham who, with a fine run over the last 80m—after a slow start—won in a record 21.3. This fully substantiated his recent windy 21.1 performance at Coatbridge in a Scottish League match, and at 18 he will still be eligible for the European Junior Championships next year. The sprints showed great strength in depth with the five in the 100 at 10.9 or better and ten runners at 22.5 or better in the 200.

Terry Young had a fine double in Youths 400m/800m, running just fast enough to win in the longer race and holding on to win from a fast finishing Mark Sherry in the 400 where he has clocked 49.8 earlier this season. George Patience had a record field events double, a welcome return to form after a two year break from competition after leaving school.

Ross Hepburn again bettered the old world age-14 high jump best with a fine clearance of 1.97/6'5½" but narrowly missed his new mark of 2.00/6'6½" set just three days before at the same pit. Brian Burgess, UK Junior record holder, equalled his own Junior championship record of 2.05, but was disqualified for wearing a USSR vest instead of his own club colours.

Colin Shields

(Results appeared last week)

PLEA FROM THE SOUTH WEST

Dear Sir,

For some time the AAA South Western Counties Committee has been without a Secretary and, more recently, a Championship Secretary. Due entirely to the efforts of existing officers and other willing helpers the Committee has managed to continue its activities and promote its normal Championship programme but this task is becoming increasingly more difficult.

It is fully understood and recognised that the administration of athletics inevitably falls upon the faithful few who are already committed at Club or County level, but the South Western Counties Committee will be unable to function without the support to fill these two positions.

On behalf of my Committee, I am therefore making this appeal to any persons interested in the future of athletics in the South West and who are willing and able to undertake the position of Secretary or Championship Secretary to please contact me.

J. C. Brunton,
(Chairman), 'Oakleigh',
Newton Road, North Petherton,
Bridgwater, Somerset

SCOTTISH AAA EASTERN DISTRICT CHAMPIONSHIPS

At Meadowbank, May 29th

100: 1, A. Wells (ESH) 10.9; 2, A. Hislop (ESH) 11.0. 200: 1, A. McMaster (EAC) 22.5; 2, D. Combe (ESH) 22.7. 400: 1, P. Hoffman (EAC) 49.0; 2, A. Martin (Edin Un) 49.4; 3, J. Scott (EAC) 50.2; 4, L. Hargreaves (Dund Un) 50.5. 800: 1, P. Forbes (EAC) 1:52.5; 2, N. Gregor (EAC) 1:52.5. 1500: 1, D. Knowles (EAC) 3:50.1; 2, R. Knowles (EAC) 3:56.5. 5000: 1, A. Hutton (ESH) 14:21.8; 2, D. Gunstone (EAC) 14:23.8; 3, I. Elliott (ESH) 14:35.0. 10,000: C. Youngson (ESH) 30:18.4. 3000SC: 1, A. MacIntosh (Fife) 9:05.8; 2, P. Kenney (Dund Un) 9:09.0. 110H: 1, C. Luxon (Edin Univ) 16.0; 2, P. McEwan (Perth S) 16.0. 400H: 1, W. Caldwell (Heriot) 54.9; 2, McEwan 55.9; 3, K. Hay (ESH) 55.9; 4, A. Robertson (ESH) 57.6. PV: 1, R. Williamson (EAC) 4.20/13'9½"; 2, N. Donnachie (E&C) 4.10/13'5½". SP: P. Buxton (ESH) 17.57/57'7½" (CBP). DT: 1, Buxton 52.04/170'9"; 2, A. Black (ESH) 41.28/135'5". HT: 1, C. Black (ESH) 71.28/233'10" (Scottish rec & CBP); 2, Buxton 65.48/214'10" (UK Jnr rec); 3, W. Gentleman (EAC) 44.86/147'2". JT: 1, A. Black 56.96/186'10"; 2, A. Lamont (Unatt) 56.14/184'2". 4 x 100: ESH 41.9 (Scottish native rec & CBP). (Juniors) 200: 1, R. Denham (ESH) 22.5; 2, A. Kerr (CR) 22.5. 110H: D. Finlay (Pit) 15.8. (Youths) 200: 1, B. Livingstone (Fife) 22.8; 2, D. Clarke (Geo H) 22.9. 800: 1, T. Young (CR) 1:54.3 (CBP); 2, N. Jones (EAC) 1:59.3; 3, D. Ross (EAC) 1:59.7. LJ: 1, P. Little (EAC) 6.34/20'9½"; 2, W. Anderson (Fife) 6.26/20'6½". TJ: 1, C. Pryde (CR) 12.73/41'9½"; 2, G. Burke (Pit) 12.72/41'8½". SP: G. Nicholson (Edin A) 13.94/45'9".

WESTERN DISTRICT CHAMPIONSHIPS

At Coatbridge, May 24th

100: C. Sharp (Ayr) 11.1. 800: D. Leitch (Strath Un) 1:54.4. 1500: 1, L. Spence (Strath Un) 3:55.2; 2, K. Taylor (E Kilb) 3:55.7. 3000SC: 1, J. Burns (Shett) 9:20.2; 2, J. Evans (Shett) 9:34.6. 400H: H. Smith (RAF) 57.2. TJ: T. Black (Shett) 13.95/45'9½". DT: C. Watson (Vic P) 46.58/152'10". JT: D. Birkmyre (Vic P) 60.04/197'0". 4 x 100: Clyde

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Guaranteed 150mg Bee-collected Pollen in each tablet. Made under U.K. Patent app. 1420019. Send £2 post paid to:

Dept. AW, Bee Pollen,
Unity House,
5-15 Cromer Street,
London, WC1.

Valley 44.3. (Juniors) 1500: 1, K. McCartney (Law) 3:52.8; 2, N. Muir (Shett) 3:52.8; 3, I. Murray (Spring) 3:56.6. (Youths) 100: G. McCutcheon (Bella) 11.4. 800: G. Williamson (Spring) 1:56.3. TJ: M. Fraser (Bella) 12.74/41'9". (Boys) 800: G. Miller (St C) 2:07.6.

SCOTTISH WAAA GIRLS CHAMPIONSHIPS (Inc Relay Championships)

At Coatbridge, June 12th

100: L. McDonald (Pit) 13.7. 200: B. Campbell (ESH) 27.9. 800: 1, H. McDonald (Clyde V) 2:29.5; 2, K. Greally (Pit) 2:30.2; 3, M. McFarlane (Clyde V) 2:31.5. 60H: K. Adamson (Caith) 10.4 (CBP). HJ: T. Spiers (Caith) 1.36/4'5½". LJ: K. Adamson (Caith) 4.65/15'3" (CBP). SP: P. Bruce (Aber) 8.18/26'10". (Senior Women) 4 x 100: 1, Glasgow 49.2; 2, Glasgow Univ 49.4; 3, ESH 50.2. 1600: Medley: 1, Glasgow 4:06.5 (CBP); 2, Pitreavie 4:11.6; 3, EAC 4:17.1. (Inters) 4 x 100: ESH 51.3. (Juniors) 4 x 100: 1, Central Region 51.8; 2, ESH 52.3. 3 x 800: 1, Shettleston 7:34.8 (=CBP); 2, Greenock Rankin Park 7:49.8.

SCOTTISH LEAGUE (Division One)

At Coatbridge, June 6th

EAC 389; ESH 356; Shettleston 304; Fife 301; Victoria Park 229; Aberdeen 218; Garscube 186; Pitreavie 160. 100: 1, L. Piggot (Gars) 10.5w; 2, D. Hislop (ESH) 10.7; 3, H. Robertson (Fife) 10.9. (B): R. Denham (ESH) 10.9w. 200: 1, Denham 21.1w; 2, Robertson 21.5; 3, A. Ree (EAC) 21.8; 4, D. Simpson (Gars) 22.2; 5, I. Matheson (Vic P)

22.4. (B): 1, Hislop 21.9w; 2, J. Scott (EAC-J) 22.4. 400: A. Martin (EAC) 50.2. (B): B. Gordon (EAC) 50.4. 800: P. Hoffman (EAC) 1:55.4. 5000: 1, D. Logue (ESH) 14:11.6; 2, D. Gunstone (EAC) 14:20.0. 3000SC: 1, I. Elliott (ESH) 9:08.9; 2, J. Burns (Shett) 9:10.2. 110H: 1, C. Luxon (EAC) 15.2w; 2, D. Findlay (Pit) 15.9. (B): R. Ellis (EAC) 15.7. 400H: K. Hay (ESH) 58.0. HJ: K. Maguire (EAC) 1.95/6'4½". (B): R. Rother (EAC) 1.90/6'2½". PV: 1, N. Donachie (EAC) 4.27/14'0½"; 2, J. Johnstone (Fife) 3.75/12'3½". LJ: C. Watson (Vic Pk) 6.84/22'5½". TJ: D. Smith (EAC-J) 13.95/45'9½". SP: 1, C. Black (ESH) 13.60/44'7½"; 2, D. Clark (Fife) 13.55/44'5½". DT: 1, Watson 46.04/151'0"; 2, C. Black 40.88/134'1". HT: 1, C. Black 70.02/229'9"; 2, W. Gentleman (EAC) 43.62/143'1". JT: A. Black (ESH) 56.70/186'0".

(Division Two)

Ayrshire 244; East Kilbride 230; Bellahouston 220; Perth Strathay 178; Springburn 160; Dumbarton 104; Clyde Valley 98; Law & Dist 52. 100: 1, C. Sharp (Ayr) 10.7w; 2, F. Rafferty (Clyde V) 10.9. 200: 1, Sharp 22.2w; 2, Rafferty 22.3. 1500: 1, K. Taylor (E Kilb) 3:53.2; 2, J. Golder (Ayr) 3:55.6; 3, J. Graham (Clyde V) 3:57.4.

The Annual Meeting of Icknield Cross-Country League (Men and Women) will be held at 'The Views', Brampton Road, Huntingdon on Friday, July 16th at 8 p.m. Any clubs not members but wishing to join or find out more are invited to attend or to contact the Secretary, Terence G. Cole at 10 Priory Road, Huntingdon, Cambs PE18 6JN.

CANNOCK CHASE A.C. YOUNG ATHLETES TRACK & FIELD MEETING

Sponsored by Butler Foundries Ltd., one of Europe's leading foundries.

At Cannock Stadium, Sunday, 29th August
Under A.A.A. & W.A.A.A. Laws

First Event 12.00

Colts (U/13): 100m, 800m, HJ, LJ.

(Boys) (U/15): 100m*, 200m*, 400m*, 800m*, 1500m*, HJ*, LJ*, Shot, Discus, Javelin.

Youths (U/17): 200m*, 800m, 3000m*.

Girls (U/13): 100m, 800m, HJ, LJ.

Junr. Ladies (U/15): 100m*, 200m*, 800m*, 75m Hdl, HJ*, LJ*, Shot*, Discus, Javelin.

Inter. Ladies (U/17): 200m*, 1500m*.

Awards: Medals first 3 in ALL events.

Trophies to winners of all events marked *. (It is hoped to increase the number of trophies to include more events again this year.)

Entry Fee: 25p per event (Cheques & P.O.s payable to Cannock Chase A.C.).

Entry forms from (s.a.e. please) and returnable to Mr. D. G. Bushnell, 3 Brendon Close, Weeping Cross, Stafford, Staffs. ST17 0BJ.

CLOSING DATE WED., 18th AUGUST

No late entries accepted. Acknowledgement, times, numbers etc. sent as soon as possible after 18th August.

SATURDAY, 7th AUGUST, 1976

13th BRACKNELL RELAYS

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

Sponsored by Bracknell District Council
SPORTS CENTRE, BAGSHOT ROAD
BRACKNELL

EVENTS

Junior Ladies: 4 x 100m, 4 x 800m.

Inter Ladies: 4 x 100m, 4 x 200m, 4 x 800m.

Senior Ladies: 4 x 100m, 4 x 200m.

Boys: 4 x 800m.

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

Junior Men: 4 x 100m, 1600m Medley.

Senior Men: 4 x 100m, 4 x 200m, 4 x 400m, 4 x 1500m, 1600m Medley.

Also Senior Ladies: Open 800m for the D. L. McJannet Trophy (10p entry fee).

Entry Fees: 60p per team. Clubs limited to two teams per event. Entries to: G. Prior, 10 Salwey Close, Easthampstead, Bracknell, Berkshire. Telephone: Bracknell 20453.

Entries Close: Wednesday, 7th July, 1976

SCHOOLS COUNTY CHAMPS

KENT

At Tunbridge Wells, June 12th

100: 1, A. Baldry (Bex) 11.2; 2, M. Crombie (Ash) 11.2. 800: N. Brooks (WK) 1:55.3. HJ: T. Foulger (WK) 1.84/6'0". TJ: J. Reid (Shep) 13.61/44'8". (Inters) 3000: 1, C. White (Gill) 8:51.6; 2, M. Scrutton (SWK) 8:51.6. LJ: P. Gibson (SEK) 6.39/20'11". TJ: M. Van Blommestein (St A) 12.84/42'1". DT: 1, K. Holt (SEK) 42.04/137'11"; 2, B. Warren (Bex) 39.52/129'8". (Juniors) SP: T. Wood (SWK) 13.15/43'1". (Senior Girls) 400: 1, A. Baldock (Thames) 56.9; 2, H. Oakes (WK) 57.5; 3, S. Sales (NWK) 59.4. JT: S. Luck (Maid) 34.02/111'7". (Inters) 200: B. Cox (Gill) 26.4. HJ: 1, J. Longhurst (Dart) 1.60/5'3"; 2, D. Hillman (Gill) 1.56/5'14". LJ: T. Emerson (SWK) 5.17/16'11". SP: 1, M. Tree (Swale) 11.07/36'4"; 2, S. Nancollas (St A) 9.66/31'8". (Juniors) 800: J. Rossiter (Gill) 2:26.5. In Hts: K. Charnell (WK) 2:24.8. HJ: C. Davies (Ash) 1.53/5'0". SP: J. Juniper (WK) 10.05/32'11".

HAMPSHIRE

100: 1, Cooper (Wat) 10.9; 2, Murphy (SEH) 11.1; 3, Farrance (IoW) 11.1. 200: 1, Cooper 22.1; 2, Farrance 22.3. 110H: Pascoe (Port) 15.2. 3000W: Giblett (Sou) 15:10.0. (Inters) LJ: Dexter (SEH) 6.78/22'3". SP: Savery (Ald) 13.78/45'2". (Juniors) 100: Saunders (Wat) 11.6. 200: Lynn (Port) 23.9. LJ: D. Gibbs (Bas) 5.76/18'10". SP: Pattle (East) 12.66/41'6". (Senior Girls) 400: Howell (SEH) 57.6. LJ: Oldbury (East) 5.38/17'8". (Inters) 100: 1, Clarke (SEH) 12.1; 2, Sait (G&F) 12.2; 3, Parrott (SEH) 12.5; 4, Gould (Ald) 12.5. 200: Smallwood (Bas) 25.1. 400: Whitfield (Port) 60.8. 800: Ludlam (Port) 2:17.5. 1500: 1, Dunn (Ald) 4:54.0; 2, Barnett (And) 4:54.9. LJ: J. Thurbon (SEH) 5.42/17'9". SP: Dyer (Ald) 10.28/33'8". (Juniors) 100: Clarke (SEH) 12.7. 200: 1, Scott (SEH) 25.7; 2, Moore (Ald) 26.8. 1500: 1, Purser (Port) 4:59.9; 2, Beattie (Ald) 5:00.4. 75H: Duerfield (SEH) 11.8. LJ: M. Smallwood (Bas) 5.19/17'0". SP: 1, Koehler (Port) 10.44/34'3"; 2, Lewis (Ald) 9.48/31'14". JT: Berry (SEH) 29.80/97'9".

Forthcoming open meetings at Cwmbran will be held on July 7th, August 4th, September 1st and September 29th. Further information from P. H. Durrant, 6 Chestnut Close, Coed-y-Canddo, New Inn, Pontypool, Gwent (Tel: Pontypool 2692).

Dates for SCAA Open Meetings are: July 21st, August 11th and September 8th. All meetings will be held at Crystal Palace and events for Veterans will be included.

Grete Waitz (Norway) broke her own world record for 3000m, clocking 8:45.4 in Oslo on June 21st.

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.

DISCUS WANTED—1.5kg. Crawley 32673.

MEDALS, CUPS, PLAQUES, Engraving unbeatable prices. Brunwin, 1 The Avenue, Brentwood, Essex. Telephone 214073. Gilt Medals 32p.

FURNISHED ROOM TO LET, sharing facilities, near Wimbledon Common, £7 weekly inclusive. Locke (01-946 3201).

SOUTH PACIFIC ATHLETICS HANDBOOK. Statistical survey of athletics in the Pacific islands including All-Time lists and South Pacific Games results. Ready late July, price £1 (inc. postage). Tony Isaacs, 68 Kennedy Avenue, Macclesfield SK10 3HQ.

WRITE OR PHONE for lists of DISCOUNT ADIDAS FOOTWEAR and CLOTHING from the ADIDAS SPECIALISTS — CAPITAL SPORTS, 136 St. Albans Road, Watford, Herts. Telephone Watford 39307.

TRACK & TRAINING SHOES by Adidas, Puma, Gola, Patrick, Tiger. Track & Rainsuits: Adidas, Speedo, Litesome, Europa, etc. Separates available. Club discounts. Many cut price lines, including Puma Sprint spikes, 2½ to 5½ £6.50. Puma Tampico spikes, 3 to 5 £6.80, Puma Aero 4 to 12 (£13.50), S/gear £11.00, Tiger Olympia XIX 4 to 12 (£16.50), S/gear £11.00. Post paid. For current stocks ring 01-346 7778/9. "Sports-gear", 11 Station Road, Finchley, N3 2SB.

SALFORD FESTIVAL OF SPORT
5 MILE ROAD RACE

(Under A.A.A. Laws)

Sponsored by British Vita & Watney Mann

ON SAT., JULY 17th at 3 p.m.

FROM BUILE HILL PARK, SALFORD 6

Full prize list inc. Vets O/40 & O/50.

INCREASED PRIZE VALUES

Entries 25p Ind., 50p Teams (4 count), to Mike Murphy, 105 Town Mill Brow, Rochdale, Lancs. Tel: 50922.

Entries close Monday, July 12th

A SALFORD HARRIERS PROMOTION

KESWICK A.C.

4th LATRIGG FELL RACE

Cat.A 2½ Miles/900Ft. Under A.A.A. Laws

SUNDAY, AUGUST 1st, 3 p.m.

FROM FITZ PARK, KESWICK

Trophies and Prizes: Individual, Team, Vet O/40, Junior U/16 on the day, plus others according to entries.

Entries (min. age 16) by July 19th—25p plus s.a.e., teams (of 3) 50p—to P. Spencer-Ellis, St. John's Vicarage, Keswick, Cumbria. Tel: 72130.

Sponsored by the Keswick Reminder

Late entries 40p plus s.a.e.

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.

NORFOLK "15"

OPEN ROAD RACE

18th Annual Under A.A.A. Laws

SATURDAY, 25th SEPTEMBER, 1976

AT DISS—3 p.m. Start

Entries with fee of 20p for each competition to C. H. Comber, Bungay Road, Scole, Norfolk IP21 4DT by 11th September, 1976.

LEICESTER CORITANIAN A.C. 5th ANNUAL ROAD RELAYS

(Under A.A.A. Laws)

At Ashfordby Hill, nr. Melton Mowbray

On Saturday, September 18th, 1976

Sponsored once again by

Pace Consultants Ltd., Leicester

BOYS' RELAY 3 x 2 MILES

For "The Payne Trophy" (Holders: Leics. Cor.)

then

OPEN & MIDLAND A.A.A. CHAMPS.

SENIOR 6-STAGE RELAY 6 x 3¼ MILES

Open Relay for "The Petfoods Trophy" (Holders: Derby & County A.C. in 107.34). "The Pace Trophy" goes to Best Youth Performance. Prizes to first 3 teams in both events and Championship Medals to first 3 teams in Midlands event. **Entries:** Champ. £1 "A" team, 70p "B" team. Open Relays £1 "A" teams, 50p "B", "C", "D" teams, to Mr. C. Baguley, 55 Craven St., Melton Mowbray (Tel: 4383)

BY MONDAY, 6th SEPTEMBER

2ND ANNUAL GLOSSOP ROAD RACE

(Not under A.A.A. Laws)

Sunday, July 11th, 1976 at 11 a.m.

From Commercial Inn, Manor Pk. Rd., Glossop

Entries: 20p per ind., £1 per 5-man team.

Prizes: 1st Team, 1st & 2nd Individuals.

Entries to J. Clarke, 13 Walker Lane, Hyde, Cheshire (Tel: 061-368 4660).

HARLOW FLOODLIT

SEPTEMBER 17th, 1976

SPONSORED EVENTS

Details from: N. Simmons,

78A Oakwood Hill
Loughton,
Essex.

SPENBOROUGH & DIST A.C.

MILETA "10"

(Under A.A.A. Laws)

Sponsored by Miletta Sports Ltd.

ON SUNDAY, JULY 18th, 1976, 2.30 p.m.
FROM SPENBOROUGH SPORTS STADIUM,
CLECKHEATON, W. YORKS.

Prizes first 3 Ind., first 3 Teams of 3,
first Veteran.

To be run in conjunction with the above:

LADIES 10 MILES

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

Prizes first 3 Individuals.

Entries (20p each race) to G. T. Fensom, 7 The Orchards, Church Lane, Gomersal, Cleckheaton, BD19 4QJ.

FRODSHAM HILL RACES

2.30 p.m. SUNDAY, 5th SEPTEMBER, 1976 (Under A.A.A. Laws)

2½ Miles Colts
Age 12 & 13

Mothers Trophy
Kendal A.C.
£6, £4, £3, £2

2½ Miles Boys
Age 14 & 15

Birtles Trophy
Leicester Cor.
£6, £4, £3, £2

3½ Miles Youths
Age 16 & 17

Sam Williams Trophy
Wrexham A.C.
£15, £6, £3, £2

4½ Miles Seniors
Over 18

Fred Foord Trophy
Airedale & S.V.
£25, £10, £5, £2

Also prizes for first 3 Teams, first Vets. O/40, O/50, first Junior, first locals. All ages as 1/9/76.

ENTRIES CLOSE 23rd AUGUST, 1976 (No late entries)

Entries and enquiries to Mrs. S. W. Bunner (Hill Race Sec.), 3 Borrowdale Close, Frodsham, via Warrington, WA6 7LN.