

July 5th 1975 Vol. 29 No. 27

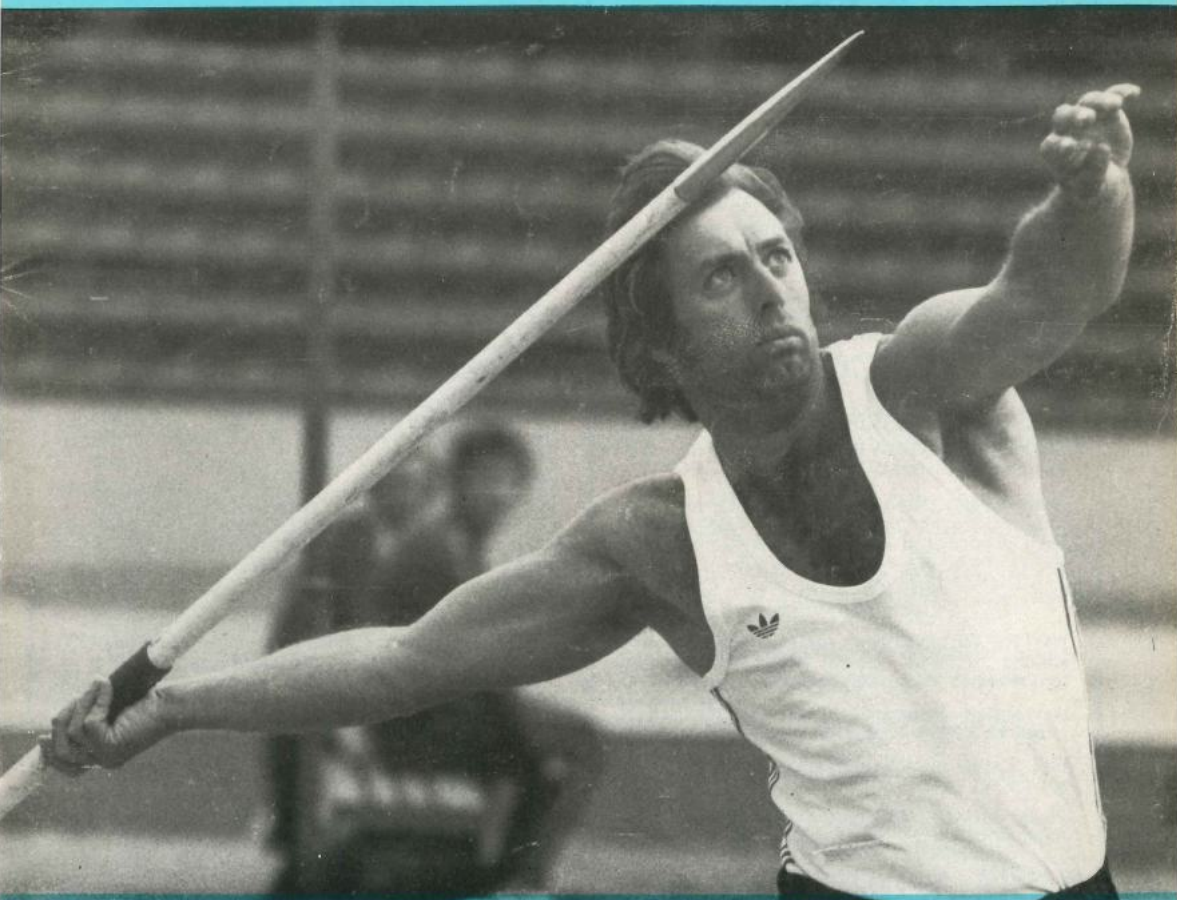
a **weekly**

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

athletics

INSIDE

- ★ Periodisation of Athlete's Year—by Frank Dick
- ★ Cliff Temple reports on the Dresden match
- ★ ITA's British Tour —Mel Watman reports
- ★ Southern Championships —by Dave Cocksedge



15p

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PYE GOLD CUP

At Chiswick, June 8th

Polytechnic 152; Aldershot, Farnham & Dist 114; QPH 102; Highgate 96; Twickenham 91; Walton 86; North London 73.

100/200: D. Hill (QPH) 11.0/22.2. 400: 1, H. Davies (Poly) 49.9; 2, M. Chuter (AF&D) 50.0. 10,000: 1, G. Ogden (High) 31:22.8; 2, M. Connelly (Walt) 31:29.6. 3000SC: E. Turner (AF&D) 9:26.2. 110H: S. Hinchcliffe (Poly) 15.9. 400H: 1, Hinchcliffe 55.9; 2, P. Zeniou (NL) 56.9. LJ: I. Campbell (AF&D) 6.77/22'2½". SP: S. Biddle (Poly) 13.79/45'3". DT: 1, D. Maloney (Twick) 43.64/143'2"; 2, Strutt (QPH) 42.12/138'2"; 3, R. Baldwin (AF&D) 40.76/133'9". JT: 1, F. Brown (Poly) 65.80/215'10"; 2, Smith (QPH) 60.78/199'5"; 3, E. Devido (NL) 59.42/194'11"; 4, Palmer (Walt) 56.98/186'11". 4 x 100/4 x 400: Polytechnic 43.7/3:24.0.

At Luton, June 8th

Luton United 137; Shaftesbury 129; Essex Beagles 125; Cambridge H 105; Verlea 95; Barnet 75; Watford 35;

400: 1, S. Rick (Lut) 49.9; 2, D. Thompson (Ex) 49.9. 800: 1, P. Williams (Camb H) 1:55.7; 2, E. Coffey (Ex) 1:55.8. 5000: H. Starkey (Shaft) 14:23.2. 10,000: 1, I. Thompson (Lut) 31:14.0; 2, R. Steven (Shaft) 31:24.8. 3000SC: 1, H. Richards (Shaft) 9:22.4; 2, M. Dixon (Ver) 9:33.2. HJ: 1, L. Foster (Camb H) 1.88/6'2"; 2, D. Harris (Shaft) 1.85/6'0¾"; 3, I. Houle (Lut) 1.85. PV: 1, C. Boreham (Lut) 4.00/13'1½"; 2, J. Anderson (Camb H) 3.70/12'1½"; 3, K. Fenner (Shaft) 3.50/11'5½"; 4, K. Brooking (Ex) 3.50. LJ: R. Thorne (Lut) 6.87/22'6"; TJ: 1, A. Wadhams (Ex) 14.49/47'6½"; 2, P. Clarke (Ver) 14.23/46'8½". SP: 1, M. Oliver (Lut) 14.57/47'9½"; 2, N. Eyres (Ex) 13.94/45'9". DT: 1, R. Manger (Barn) 41.36/135'8"; 2, N. Thompson (Shaft) 41.06/134'8". HT: 1, C. Melhuish (Camb H) 60.22/197'7"; 2, R. Williamson (Shaft) 43.56/142'11"; 3, C. Scott (Lut) 42.74/140'3"; 4, G. Curtis (Ex) 40.66/131'5". JT: 1, C. Harrison (Lut) 60.62/198'11"; 2, P. Hable (Bran) 57.78/189'7". 4 x 100/4 x 400: Essex Beagles 43.6/3:25.0.

At West London, June 22nd

Hillingdon 142; Belgrave 135; Mitcham 131; Hercules Wimbledon 108; Surrey AC 93.

100/200: S. Hall (Hill) 10.7/21.9. 400: 1, C. Knee (Hill) 50.1; 2, C. Gillett (Bel) 50.7. 1500: A. Pinfield (Mit) 3:57.6. 10,000: 1, R. Holt (HW) 30:40.2; 2, J. Mouat (Hill) 31:14.8. 3000SC: J. Bicornet (Bel) 9:21.8. 110H: G. Gower (Hill) 14.6. 400H: E. Shirley (Hill) 57.7. HJ: 1, C. Brambley (Mit) 1.93/6'4"; 2, C. Thompson (Sy) 1.93; 3, C. Brooks (Bel) 1.85/6'0¾". PV: 1, J. Fenge (HW) 4.40/14'5½"; 2, C. Kidd (Hill) 4.40. TJ: Kidd 13.77/45'2½". SP: 1, A. Kerr (Hill) 16.09/52'9½". 2, C. Sutherland (Mit) 12.99/42'7½". DT: 1, Sutherland 49.84/163'6"; 2, Kerr 42.80/140'5". JT: B. Galvin (Hill) 55.96/183'7". 4 x 100: 1, Hillingdon 43.3; 2, Belgrave 44.1; 3, Mitcham 44.6. 4 x 400: Belgrave 3:25.8.

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

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July 5th, 1975

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THE WEEK AHEAD

Saturday, July 5th: British League (Div 1, Edinburgh/Div 2, Woodford/Div 3, Southampton/Div 4, Liverpool); British Women's League (Div 1, Mitcham/Div 2, Essex/Div 3, Nottingham); Scottish League; Welsh League; Southern League; Midland League; Milton Keynes RRC International marathon (Inc Civil Service Champs); International marathon, Rotterdam; Army Junior & Youths Champs, Aldershot (2nd day); BUSF Champs, Cleckheaton (2nd day); Carlisle Highland Games (Inc Scottish AAA 10,000m Champs), Carlisle; Kinlochleven Highland Games; Forres Gathering; Mendip AC Open Meeting, Wells; Winsford '7; MONC '10', Dronfield, Sheffield.**Sunday, July 6th:** British Women's League Div 4, Cwmbran; Southern Veterans Champs; Vets AC Champs, Battersea Park; Young Athletes League; Humberside AAA Festival of Athletics, Scunthorpe; Herts WAAA Champs, Stevenage; Hyde '8; Skiddaw Fell Race (Cat: A) & Latrigg Youths Fell Race.**Wednesday, July 9th:** BUSF v Midland Counties v RAF, Aldersley; West Yorkshire League, Keighley; BMC Brigg Mile, Wood Green.**Thursday, July 10th:** Havering Floodlit Relays, Hornchurch.**Friday, July 11th:** English Schools Champs, Durham City (1st day); LAC Schools Challenge Cup Meeting, West London.

SALE BREAK 'WORLD RECORD'

Sale Harriers, running on their own track, set world figures of 8:05:24.8 in the Philips sponsored 100 x 1 mile relay bonanza last Sunday. The team averaged 4:51.2 per mile, with Laurie Reilly fastest at 4:08.0. More details next week.

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Cover photo by Mike Street

Starting a major new series: "Introduction to Training Theory"

PERIODISATION OF THE ATHLETE'S YEAR

By Frank W. Dick B.Sc., D.L.C., Scottish National Coach

"PERIODISATION" is an organised division of the training year, in pursuit of the following objectives:

(a) Preparing the athlete to achieve an optimal improvement in performance.

(b) Preparing the athlete for a definite climax to the competitive season.

(c) Preparing the athlete for the main competitions connected with that climax.

While the word 'periodisation' may be relatively new, the concept which it represents is not. For decades coaches have 'periodised' the athlete's training in various ways. In fact, its progressive sophistication may be easily traced from such origins as: Period i—Winter sports; Period ii—Athletics training at Easter; Period iii—Lighter training plus competition in Summer; to something like: Period i—Winter training; Period ii—Pre-competition training; Period iii—Competition training; and then on to systems such as that discussed here.

The original presentation of this system was by Professor L. P. Matveyev (USSR) in 1965, but even this was an updating of work which he first introduced in 1962. From early ideas of preparing an athlete for a competitive programme distributed throughout a season, he looked towards a specific competition climax or peak (eg National Championships, Olympic Games etc.), for which not only training periods, but also a selected competition programme, was a totality of preparation.

Matveyev suggested that the year be divided into three periods—Preparation, Competition, and Transition. The first two periods he divided further—and these further divisions will be referred to here as 'Phases'. (See Diagram 1).

A closer look at these phases will help identify their individual character.

PHASE I—PREPARATION PERIOD

This is the longest phase in the annual cycle—and should occupy $\frac{1}{3}$ of that cycle (Harre). Thus, in the single periodised year (Diag 1) it occupies 4 months, while in the double periodised year (Diag 2 and text) it

occupies 2-2½ months, to be reintroduced after the first competition period (III) for a further 1½-2 months.

The main aim is to increase the athlete's ability to accept a high intensity (quality) of loading in Phase II, by increasing extent (quantity) of loading during Phase I. The high volume of work implied by emphasis on extent of loading necessitates a very gradual increase in intensity during this phase, but this is essential to progress in Phase II—and to the stabilisation of performance in the competition period. Training is more 'general' in nature, and the athlete is working at the 'endurance end' of his event development during this phase. However, in the interest of continuous and stable development of performance, it is also necessary to pursue special event training and competition-specific training. Implied then, is a 'polyvalent' programme which will be defined by the demands of the event and stage of the athlete's development when establishing a ratio of general: special: competition-specific training. This shall be referred to as the 'training ratio'. The question of exactly what the training ratios might be will be discussed in article 3—but it may be useful to give some description of these broad areas of training here.

GENERAL

This is training for the whole organism. A basic all-round programme is implied with, above all, the establishment of a sound basis of aerobic fitness, and a certain minimum status in the foundations of fitness for a specific athletic event (eg mobility, strength etc for jumps or throws or hurdles or etc).

SPECIAL TRAINING

This is training to perfect the individual components of athletic technique and specific fitness (eg work with heavier implements (throws); short approach work with resistances (jumps); drills (sprints and hurdles); bounding, hill running, under/over distance work (endurance sprints/distance).

COMPETITION SPECIFIC

This is training where technique is completely rehearsed, and more specifically, in the competition

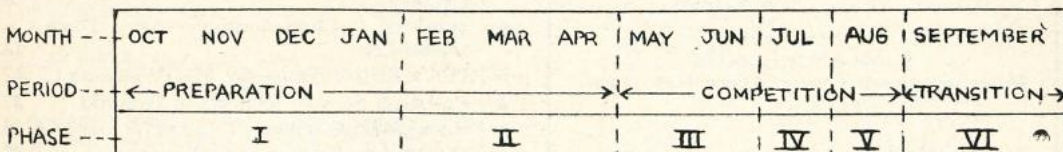


DIAGRAM 1 The division of the training year will obviously be influenced by the 'competition calendar'. The division shown here was used by USSR in

preparation for Munich—where athletes used a 'single periodised year' (see text). (Reference—Osolin and Markov).

DOUBLE		I	II	III	IV	V	VI					
SINGLE			I	II	III	IV	V	VI				
MONTH	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT

DIAGRAM 2 A double periodised year has two competition periods.

situation. This area varies from a shade of special training to actual competitions—embracing technique, tactics etc. In the total extent of training, it plays a much smaller part than the other two.

At risk of being over repetitive, all three areas are covered throughout the year, but the training ratio will vary from Phase to Phase.

At the end of Phase I, the basic components of fitness for a specific event must have reached the level necessary to ensure a planned increase in performance. Tests may be used to check this. For example, a long jumper working towards 8.00m from a 20 stride approach should jump 7.00m from 10 strides (Popov).

This phase might be summarised as 'training to train.'

PHASE II—PREPARATION PERIOD

This phase lasts 2 months, according to Matveyev, when single periodisation is used, and 1 month plus 2 weeks in double periodisation. However, it is possible to stretch this to 2-3 months, and 1 month plus 1 month respectively if the 'annual' cycle is extended slightly beyond 52 weeks. There are many advantages to such 'stretching' but most important is that the increase of load intensity will assume a more gentle gradient. There should be little doubt, however, that this is the hardest working phase in the year.

Phase II runs directly into the competition period, and its aims are to unite the component parts, or foundations, of training, into a harmonious whole (ie Training moves from workshop to assembly line). While the character of this phase is one of specialisation, the areas of training in the first phase are continued. The training ratio changes with a decrease in 'General', and while the total extent of work remains the same, or is gently reduced, the intensity of loading in special and competition — specific training increases sharply. Technique must be schooled and stabilised

as the athlete learns to use his increased strength, speed, etc. It is absolutely essential that technical development and development of strength, speed etc. are advanced together. A season can be completely lost if they are 'out of step'.

Towards the end of this phase, the athlete must be exposed to more 'open' competition situations, such as wind, rain, noise, morning, floodlights etc. Should training progress as suggested, the young athlete will, according to Harre, improve on his previous best after 3 competitions, while the experienced athlete should equal his best. It would appear from personal observation that if the latter athlete is within 2.5 per cent of his best performance after 3 competitions it is reasonable to assume that progress is 'on schedule'. Even then, by increasing load intensity, particularly via competitions, it should be possible to improve performance still farther. If no improvements follow, it is frequently as a result of the intensity having been raised too rapidly in the second phase; the extent of competition loading being too great; or the total extent of loading at the end of the preparation period having been excessively reduced.

This phase might be viewed as 'training for competition.'

PHASE III—COMPETITION PERIOD

The main task of this phase of the competition period is to develop as fully as possible, and stabilise, competition performance. This will enable the athlete to produce his optimal performance in key competitions. This implies a continuation of that process, developed throughout the preparation period, blending new levels of specific event fitness, to produce high level performance. Moreover, these new levels of fitness must be maintained via competition specific loadings, and competitions themselves. Consequently, loadings in this area are increased, while those in the 'General' and 'Special' areas are reduced. The total extent of training then, is decreased,

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as the intensity rises. The decrease in extent is very steep where events demand maximum or elastic strength, or speed (eg jumps, throws, sprints, hurdles) but only slight in endurance events, in the interest of maintaining aerobic fitness.

It should be noted that the status of basic fitness components—such as strength, speed, mobility etc., must not be neglected in favour of technical development. Strength losses, for example, can be considerable even over 2-3 weeks, and such losses, if continued, will be reflected in a drop-off in performance. Consequently, the strength programme has its place even in the Competition Period. (Diag. 3).

General training should be seen primarily as a means of active recovery in the non-endurance events.

The frequency of competitions is dependent on the individual athlete's capacity for the emotional and physical stress of competition loading. It is a very complex problem to establish 'ideal' numbers of competitions, and this topic will be discussed more fully in a later article. At one end of the scale, a man might feel that two major marathons in one year is acceptable for him; on the other hand a thirteen-year-old may be happy to spend all season competing (playing?) twice per week in several events!

Development of performance in the Competition Period is a function of competition frequency, and the amount of competition specific loading, built upon the athlete's fitness status by the end of the Preparation Period. An optimal balance can be only individually arrived at, but once known, the athlete can be expected to record best performances between 6-8 weeks from the commencement of this phase (ie Phase III—single periodisation; and phases III¹ and III²—double periodisation).

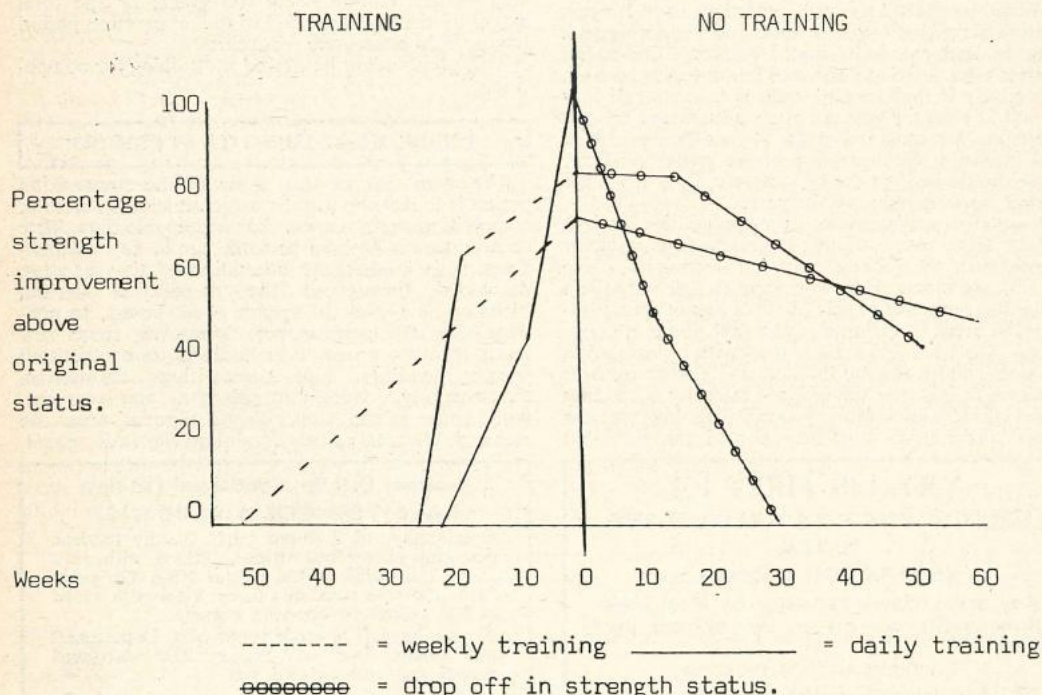
Thus, after 3 competitions, the athlete will be within 2.5 per cent of his lifetime best, and by 6-8 weeks will have optimally improved upon his lifetime best. Trials and qualifying competitions for major events, and most of the main contests for young athletes should, therefore, fall within Phase III (single) and Phase III² (double).

PHASE IV—COMPETITION PERIOD

If competition is to continue beyond Phases III and III², it is advisable to introduce a phase of 4-6 weeks, in which the proportion of competition specific

continued on page 33

DIAGRAM 3



This diagram is an outline of work conducted by HETTINGER, and illustrates not only different effects of daily and weekly training, but how strength training loses its effect once stopped.

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EAST GERMANY v UK (Men) & EAST GERMANY v UK v RUMANIA (Women)

At Dresden, June 21st/22nd

Cliff Temple reports

Just three individual victories—two in the men's match, one in the women's—was the sum total British athletes were able to achieve in their contest with the GDR in Dresden on June 21-22. The Germans won the men's match 147-75 (compared with 113-97 in 1973 at Leipzig) and the women's match 91-44 (compared with 95½-39½ in 1973), while almost unnoticed the Rumanian women defeated Britain in a separately scored match, 70-65.

There were bright spots, including a crop of personal and seasonal bests among British athletes, plus a Commonwealth and UK record in the women's 4 x 400m relay, but the high overall standard served as a daunting reminder of the task facing Britain in the approaching Europa Cup.

Yet the meeting started well for Britain, with Alan Pascoe winning the 400m hurdles in 49.90, having matched strides with Jochen Mayer for the first 300m, then come through very strongly between the ninth and tenth flights to win, going away, by several metres.

The men's high jump was something of a disappointment though, with our hot pair of Mike Butterfield and Angus McKenzie unable to rise to the challenge of such strong competition and coming out early. Rolf Beilschmidt (21) went on to win with a straddled national record of 2.24/7'4½", on his third attempt, having been faultless up to and including 2.22/7'3½".

Another young German, Eugen Ray, not yet 18, took the first leg of his match sprint double by winning the 100m in 10.57. Such is the depth in East German sprinting at present that a domestic race in the same meeting saw the tenth and last man record 10.59!

Sadly the British boys could not reap much advantage from the warmth and in both 100 and 200m events our pair finished behind four GDR men—the Germans put an A and B team into most match events.

Better things were to follow in the 5000m, however. Wilfried Scholz made the early pace, but only succeeded in dropping his teammate, as Ray Smedley (making his international debut at the distance) and Nick Rose tracked him. With just under two laps

left, Rose burst into the lead and opened up a gap on Smedley which extended to 30m by the bell. It stayed the same to the finish with the long-haired University of Western Kentucky-cum-Bristol AC runner setting a personal best of 13:41.4, as did Smedley (13:45.6) in second place, for what was to be Britain's only maximum points score of the meeting.

In the 800m a back injury to Tony Settle put him out of the race shortly before the start, leaving Steve Ovett (who had asked to run only as a non-scorer, to test his form) to partner Pete Browne, but neither could match the pace of Hans-Henning Ohlert, winner in 1:47.0. Ovett, in third place, clocked 1:47.6, no bad start to the season, and found himself alongside a non-scoring Dieter Fromm.

There was excellent long jumping from Roy Mitchell, the Royal Navy all-rounder, who opened with 7.90/25'11", a personal improvement of over eight inches, and assisted by a wind of only 1.2m/sec. The jump put Mitchell third on the UK all-time list, behind Lynn Davies and Alan Lerwill, and secured second place here. It was a tremendously competitive series from 20-year-old Mitchell, as his next three jumps (7.73, 7.83 and 7.80) were all over his previous best (7.69) and the next two only fractionally under (7.67 and 7.66). The whole series was legal. Geoff Hignett, with four no jumps, was less happy. In the javelin Dave Travis produced his season's best, 73.48/241'1", but the Germans, both well over 80m, were not troubled.

The GDR wheeled on an awesome quartet for the shot putt, with Briesenick and Beyer as the match competitors and Rothenburg and Gies as the non-scorers, all anxious to test themselves against Geoff Capes, who had just got over a stomach virus. Rothenburg opened with 20.98/68'10", Beyer produced 20.97/68'9½" and that set the pace for the competition, with Capes pulling out his seasonal best, 20.69/67'10½", in the fifth round, and European champ Briesenick not really connecting until his final effort, 20.96/68'9½". So finally three East Germans occupied the first three places, with just ¾ inch covering the trio—and the man who won wasn't even officially in the contest!

The long awaited clash between Andrea Lynch and

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Details/Entries: R. E. S. Clay, 82 Spalding Road, Holbeach, Lincs. (0406-23316).

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Renate Stecher in the 100m resulted in a win for the Olympic champion, who cut back Andrea's good start and powered her way to victory into a headwind by more than a metre. The times were altered twice with the final version, 11.41 to 11.56, seeming the most likely. There was personal best long jumping from Myra Nimmo, who cleared 6.45/21'2", albeit aided by a 2.8m/sec wind, to finish second in a strong eight-girl field.

In the 400m, Donna Murray (52.4) and Verona Elder (52.62) both ran their best times of the season, but were somewhat submerged in the mass, as Ellen Streidt clocked the world's fastest time of the year, 51.2. Rumania's Mariana Suman, in second place with 51.79, showed just how much speed the top level 800m runner has to have these days. In a non-scoring race beforehand, Liz Barnes knocked half a second off her best with 53.31.

The second day's events, again beneath hot sunshine in the Heinz Steyer Stadium, began with the hammer where Paul Dickenson surpassed himself with a third round throw of 68.92/226'1", an improvement of well over a metre on his previous best, which he also bettered with his last effort (67.92). Chris Black improved his 1975 best three times, with his first throw, 67.98/223'0", the longest, but Jochen Sachse (74.04/242'11") led a clean German sweep.

The pole vault was a baptism of fire for Jeff Guteridge, who found the opening height to be 4.60/15'1" (and remember his best prior to this season was only 4.49/14'8"). However, he acquitted himself well, clearing 4.60 first time, 4.80/15'9" on second attempt, before going out at 4.90/16'1". With Jorg Bottger fouling out at 4.80, Britain picked up some bonus points, Mike Bull cleared 5.00/16'4 1/2" at second attempt, passed 5.10, and failed at 5.20/17'0 1/2", Wolfgang Reinhardt's winning height.

In the discus, Wolfgang Schmidt reached 66.80/219'2", second furthest by a European this year, while John Hillier in fourth place pulled out a surprising 60.78/199'5" in the second round, personal best by just over a metre if accurately measured.

The 1500m had seemed likely to be a battle between European champion Klaus-Peter Justus and Ian Stewart, but they eventually wound up sixth and seventh in a seven man field. The late inclusion of Steve Ovett in the race seemed to promise a fast early pace, but in fact it was Justus who shot ahead, opening up a 5m lead at 400m (58.2).

Stewart quickly closed the gap, then went ahead at 700m, with Adrian Weatherhead on his shoulder as Justus fell back. At the bell, Stewart was still in front, with Weatherhead second and Ovett dead last, but with 250m remaining the second German, Hans-Henning Ohlert sprinted ahead, and surged again in the straight to come home some eight metres ahead of fast finishing (and non-scoring) Ovett, with Weatherhead officially second. So Ohlert completed an 800-1500m double in a race Justus and Stewart will want to forget as soon as possible.

With John Davies injured, Dennis Coates was brought into the steeplechase and bravely made much of the pacemaking, which succeeded in dropping 8:26.0 man Jurgen Straub. However, the other German, Frank Baumgartl (8:23.8 this year) really got moving over the last 700m, and his huge hurdle clearances were impressive, if not exactly economic,

in the closing stages of the race. Baumgartl won in 8:26.2, with non-scoring Tony Staynings passing Coates on the last lap to dip under 8:40 again.

The triple jump saw further progress by David Johnson, who has had to play second fiddle to Aston Moore (injured here, and contained to 15.85/52'0") this season. Johnson opened with a near-best 16.10/52'9 1/2", and added 3cm to his personal best with 16.18/53'1" in the second round. Four no-jumps followed, in a competition riddled with fouls; only winner (at 16.98/55'8 1/2") Jorg Drehmel managed more than two valid jumps out of the match competitors.

Whatever the warm weather did to help the explosive events, it certainly was no use to the 10,000m runners, with the temperature reported to be 90 degrees F at track level. The Germans, Leiteritz and Cierpinski (Manfred Kuschmann being unable to run because of illness), made a break together at probably the right psychological moment, just before halfway, and opened up a 70m lead. Bernie Ford led the pursuit to be passed by teammate Bernie Plain in the closing laps, but the weather turned the event into an ordeal rather than a race, as it had done for Roger Mills and Brian Adams in the 20 kilometres track walk the previous day.

The final track event of the men's match, the 4 x 400 metres, saw Glen Cohen hand over a narrow lead to Jim Aukett. Arnold took the GDR ahead on the back straight, but Aukett came again very strongly in the home straight, and as the GDR fumbled their second change, Bill Hartley was sent off ahead. Stops made up the ground and passed him after 150m, but Hartley, like so many British athletes, seems to find a new level of athleticism with a baton in his hand, and fought back in the home straight, sending off Roger Jenkins a couple of strides down on Lathan. Jenkins, who had just had news of brother David's 44.9 AAU win, kept the gap the same, but had to give best in the home straight, as the GDR 'B' team came past for an unofficial second place.

The participation of 'B' teams in the match as a whole is something that perhaps will have to be looked at. In sprint races, where there are spare lanes, it may add to the race's attraction, but do the advantages of extra competition outweigh the extra gaps between throws or jumps by match event competitors? More important are the differing tactics in non-lane track races. Although there were no major incidents in the 4 x 400m relay here, it was a close race between the three teams throughout, and not outside the realms of possibility that a match event team could have been impeded by a non-scoring team, affecting the race (and perhaps match) result. The argument in favour, of course, would be that it enables the teams to get more experience of the type of major championship race, where arms, elbows, legs, spikes, batons and bodies are flailing all over the shop.

The women's match continued with some excellent straddle jumping by Rosi Ackermann. With the contest already won at 1.87/6'1 1/2", she cleared 1.90/6'2 1/2" and 1.92/6'3 1/2" first time before failing at 1.94/6'4 1/2". The British girls found 1.81/5'11 1/2" beyond them. Janet Thompson reached a new level in the discus, improving her personal best of 50.94/167'1" twice and equalling it once, ending up with 52.38/171'10" to finish ahead of Margaret Ritchie.

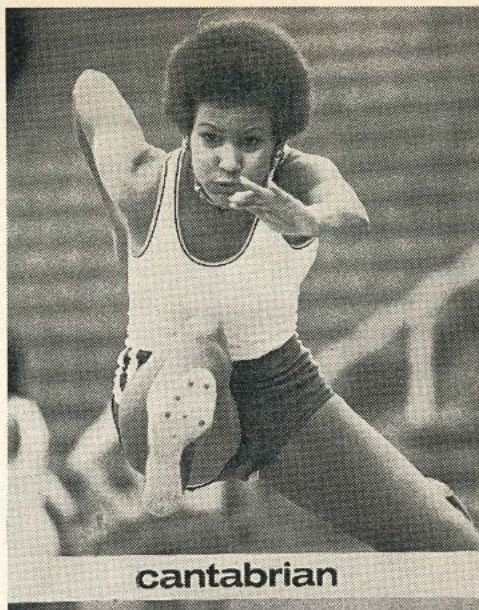
On the track Renate Stecher exploded into action in the 200m, and showed real speed off the bend to win by nearly seven-tenths of a second. Doris Maletzki took second, with Helen Golden getting the better of a fading Andrea Lynch in third place.

With Gunhild Hoffmeister, the European champion, injured and out of the 1500m, her compatriot Waltraud Strotzer (née Pohland) dominated the race from the front, although she was almost caught on the line by fast finishing Natalia Andrei of Rumania. Joan Allison was second for much of the way, and was rewarded with her second fastest ever time (4:11.2), an Olympic qualifying standard. Mary Stewart, a non-scorer, was only 0.8 outside it herself at 4:15.8. Sharon Colyear hurdled brilliantly to pip 13.3 performer Annerose Fiedler for second place behind Ehrhardt, her time of 13.51 being a personal best and well inside the Olympic qualifying standard.

But with just the 4 x 400m relay remaining, we had not won a single event in the women's match, and it seemed on earlier evidence that if there was one track event we would not win, this was it. However, if you could predict every event, wouldn't athletics be a boring sport to watch?

Gladys Taylor was sent off by Liz Barnes on the second leg just behind the GDR's Rohde, (51.82 the previous day). As they broke for the pole, Gladys went ahead and kept the lead right into the home straight, where she ran side by side with Rohde, to hand over to Verona Elder just 1m down. Verona went ahead on the back straight, passing Handt, and holding her off in the final 100m to send Donna Murray off 1m ahead of Ellen Streidt—individual winner the previous day in 51.2. It looked inevitable that Streidt would take Donna in the home straight, but surprisingly the German went past on the bend, with about 180m remaining, to lead into the final straight. Donna, very disappointed with her showing in the individual event, really dug deep and inched her way back alongside the German, until they went across the line practically together. The judges' verdict: Murray fractionally ahead, to give Britain their sole victory in the women's match, and as a bonus the squad clocked a Commonwealth and UK National record of 3:27.8, (an average of 51.95)!, slicing 0.9 from the mark set by the UK team at the Munich Olympics. The event might not have been typical of the match, but at least it left a sweet taste at a time it was most needed.

(Cliff Temple is Athletics Correspondent of The Sunday Times).



Sharon Colyear excelled herself with second place in the 100 hurdles in a personal best of 13.51. Unhappily, a cartilage injury sustained last weekend will cause her to miss the rest of the season.

Tony Duffy

WOMEN'S CC & RWA DATES

Dates of the Women's National Cross-Country and Race Walking events for 1975/76 have been finalised as:

November 1st—National 5000m Walk (Midlands); **November 8th**—National Road Relays (Midlands); **December 6th**—National Senior & Girls Walk Champs (South); **December 27th**—Inter-League CC Match (South); **January 10th, 1976**—Home Countries International (Rossendale); **January 17th**—Inter-Counties CC (Redditch); **January 31st**—National CC Champs (North).

HARINGEY & SOUTHGATE ATHLETIC CLUB

present the

BEVERLEY BAXTER TROPHY 8 SIDED INTER-CLUB CONTEST

Sponsored by ESSO PETROLEUM

also featuring

The 'Brigg Mile' sponsored by 'Brigg Sports'. 12 of Britain's top milers in competition. Last years winner Steve Overt 3:59.4.

The Spartan Javelin Competition sponsored by 'Qualitint'. See the 'tops' in javelin competitions. Brian Roberts, Dave Travis, Ron Silvester are in the field.

The Hornsey Journal Pole Vault sponsored by the 'Hornsey Journal'. A top class Pole Vault competition including several up and coming pole vaulters.

NEW RIVER SPORTS COMPLEX, WHITE HART LANE, LONDON N22
WEDNESDAY, JULY 9th, 6.45 pm

LETTERS

JACK SELBY RECOVERING

Dear Sir,

May I ask you to convey my sincere thanks in 'AW' to all my husband's (Jack Selby, Midland Vets Sec) many athletic friends who have telephoned and written enquiring about him after his recent serious road accident.

I am pleased to say that he is now out of hospital and slowly on the mend. He hopes to be back in the Veterans racing field in the near future.

(Mrs) Gwen Selby,
Coventry

HELPFUL BOARD

Dear Sir,

The BAAB is subject to a great deal of criticism, one way or another. I would like to use the hospitality of your columns to say how appreciative I and my fellow organisers, Alan Pascoe and Andy Norman, are of all the help they gave us for the BRC v AAA on June 11th. For this match, and in previous years, they have been most helpful and considerate.

J. Biddle,
Head of Physical Education Dept,
Borough Road College

(Other letters have been held over)

MORECAMBE AND HEYSHAM DAIRY FESTIVAL

PRESTON TO MORECAMBE MILK MARATHON

(26 miles, 385 yards)

UNDER A.A.A. LAWS

SATURDAY, 9th AUGUST, 1975

Start 2 p.m.

AWARDS: £75 in Prizes—1st £16, 2nd £12, 3rd £10, 4th £8, 5th £7. 1st Vet (O/40) £4, 1st Local Runner £4.

Teams—First 3 Teams (3 to score) Prizes 3 x £3, 3 x £2, 3 x £1. **NO TEAM ENTRY FEE.**

Time Certificates to all finishers

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

YOUNG ATHLETES LEAGUE

At Haringey, June 1st

Norfolk Olympiads 923; Haringey & Southgate 727; Stevenage & North Herts 568; Thetford 242; Ealing & Southall 171.

100: 1, J. Marsden (Norf) 11.3; 2, Oakes (H&S) 11.4. 100H: Oakes 14.2. (B) N. Augustine (H&S) 14.4. LJ: Oakes 6.59/21'7½". (B): P. Brugnari (H&S) 6.43/21'1¼". (Boys) 4x100: Stevenage & NH 50.3. (Inter Women) 100: 1, H. Hunte (H&S) 12.0; 2, C. Mooney (Norf) 12.2. 200: Hunte 25.8. 800: C. Monaghan (Norf) 2:19.5. 1500: P. Jack (Norf) 5:00.7. 80H: B. Chilleystone (Norf) 12.3. DT: S. Bloss (H&S) 34.10/11'10". 4 x 100: 1, H&S 51.4; 2, Norfolk 52.2. (Juniors) 100: P. Hunte (H&S) 12.9. 800: 1, S. Elvin (Norf) 2:27.3; 2, M. Powell (Stev) 2:27.4; 3, S. Bunyan (H&S) 2:27.8. 1500: 1, B. Tierney (Stev) 5:03.5; 2, Bunyan 5:05.9. 75H: S. Page (Stev) 12.1. (B): S. Cattermole (Norf) 12.5. (Girls) 800: D. Ball (Thet) 2:19.5.

NORTH GLOUCESTERSHIRE LEAGUE

At Cheltenham, June 17th

Gloucester 185; St Pauls 131; Cheltenham 125; RAF Innsworth 11.

200/400: G. Cant (St P) 22.6/50.4. Gloucestershire 3000SC Champs: 1, N. Thomas (Glos) 9:32.9; 2, J. Smith (Glos) 9:38.0. (Senior Women): Cheltenham 105; Gloucester 98. 100H: L. Elliott (Glos) 15.4. JT: S. Spragg (Chelt) 36.00/118'1".

John Burney, track secretary and organiser of the Notts '10' (September 7th), has moved to 17 Barratt Lane, Attenborough, Nottingham (Tel: Nottingham 222460).

SUN KISSED?

Lips are very vulnerable to sun and wind.

They get cracked and chapped till even smiling becomes a problem.

Blisteze is a soft medicated cream that gently soothes the sting and helps to heal damaged skin tissue.

It comes in a very small tube, so you can always keep some handy.



Blisteze

LANCASHIRE AAA CHAMPS

At Kirkby, June 7th/8th

100: 1, B. Green (Pilk) 10.9; 2, S. Wright (Liv H) 11.1; 3, D. Martin (Sale) 11.1. **200:** 1, Martin 22.3; 2, N. Massey (Warr) 22.3; 3, M. Findlater (Pilk) 22.3; 4, P. Ainsworth (Bolt) 22.6; 5, D. Hunt (Warr) 22.7. **400:** 1, D. Price (Sale) 48.8; 2, M. Hatch (B&F) 49.2; 3, Findlater 49.6. **800:** 1, M. Francis (Stret) 1:52.9; 2, J. Gerrard (Sale) 1:53.2. **1500:** J. Carroll (Pilk) 3:56.2. **5000:** K. Carroll (Liv P) 14:41.6. **10,000:** 1, M. Freary (Bolt) 29:33.0; 2, M. Turner (Liv H) 29:39.2; 3, F. Pendlebury (M&D) 30:09.4; 4, R. Harrison (Liv H) 30:38.0; 5, F. McGuire (B&F) 30:59.8; 6, F. Briscoe (Salf) 31:11.8; 7, S. Clegg (Salf) 31:19.4. **3000SC:** 1, D. Blakeley (M&D) 9:00.2; 2, Carroll 9:24.4; 3, G. Kenyon (Wig) 9:30.6; 4, M. MacNair (Liv H) 9:39.8; 5, N. Ward (Bolt) 9:41.6; 6, P. Blakeney (Salf) 9:43.4. **110H:** 1, M. Kindon (Warr) 15.1; 2, H. Robinson (Warr) 15.5; 3, U. Atherton (S'port) 15.6. **400H:** 1, A. James (Stret) 52.5; 2, H. Robinson (Warr) 53.4; 3, Findlater 56.9. **3000W:** E. Crompton (Ley) 13:52.0. **10,000W:** R. Wallwork (B'burn) 48:40.4. **HJ:** 1, N. Duffin (Stret) 2.00/6'6 $\frac{1}{2}$ "; 2, C. Dean (St J) 1.90/6'2 $\frac{1}{2}$ "; 3, S. Ramos (Liv H) 1.85/6'0 $\frac{1}{2}$ ". **LJ:** 1, S. Wright (Liv H) 6.98/22'10 $\frac{1}{2}$ "; 2, B. Camp (Liv H) 6.77/22'2 $\frac{1}{2}$ ". **TJ:** Camp 13.85/45'5 $\frac{1}{2}$ ". **SP:** 1, N. Parry (Liv H) 14.65/48'0 $\frac{1}{2}$ "; 2, D. Sorrell (B'burn) 14.52/47'7 $\frac{1}{2}$ "; 3, M. Holmes (Liv H) 13.50/44'3 $\frac{1}{2}$ ". **DT:** 1, G. Dirkin (Stret) 51.34/168'5"; 2, Sorrell 44.98/147'7"; 3, D. Bradley (Wig) 40.34/132'4". **HT:** 1, Dirkin 49.32/

161'10"; 2, J. Newett (Liv H) 45.74/150'1"; 3, P. McCarthy (St J) 43.32/142'1"; 4, Holmes 43.24/141'10". **JT:** 1, P. Ostapowycz (Stret) 65.26/214'1"; 2, T. Aspey (Wig) 64.10/210'4"; 3, V. Allen (S'port) 62.96/206'7". **4 x 100:** 1, Stretford 42.9; 2, Warrington 43.5; 3, Liverpool H 44.3; 4, Pilkingtons 44.4. **4 x 400:** 1, Liverpool H 3:24.6; 2, Warrington 3:25.6.

Juniors

100: 1, A. Taylor (S'port) 11.1; 2, P. Robertshaw (Ross) 11.2. **200:** 1, Robertshaw 22.5; 2, A. Carwardine (Farn) 22.8. **400:** M. Francis (Stret) 49.3. **800:** 1, D. Priestley (M&D) 1:56.0; 2, S. Butler (Liv H) 1:56.2. **1500:** Butler 4:01.2. **3000:** 1, K. Harrison (Stret) 8:31.6; 2, S. Howcroft (Leigh) 8:36.2; 3, P. Kennedy (Liv H) 8:45.2. **2000SC:** A. Mylrea (B'ham Un) 5:56.8. **TJ:** S. Pegler (Stret) 13.66/44'9 $\frac{1}{2}$ ". **SP:** 1, G. Walton (Ross) 13.53/44'4 $\frac{1}{2}$ "; 2, P. Thomas (Furn) 13.51/44'4"; 3, P. Jones (Wig) 13.18/43'3". **HT:** C. Cullen (Brad Un) 44.58/146'3". **4 x 400:** Liverpool P 3:29.9. **(Youths) 100:** G. Thorp (B&F) 11.3. **200:** 1, Thorp 22.7; 2, P. Moran (Liv P) 23.0. **400:** 1, Moran 51.7; 2, M. Williamson (Bolt) 52.0. **1500SC:** 1, P. Aldred (Stret) 4:40.4; 2, K. Capper (L&M) 4:43.9; 3, S. Kennerley (Liv H) 4:45.1. **TJ:** S. Wrench (Baines C) 13.06/42'10 $\frac{1}{2}$ ". **HT:** A. Hopkins (St J) 40.66/133'5". **JT:** C. Johnson (Stret) 52.70/172'11". **4 x 100:** 1, Baines Coll 45.1; 2, Liverpool H 46.2. **4 x 400:** Liverpool H 3:33.9.

HARLOW ATHLETIC CLUB

present the

"HARLOW 10" ROAD RACE

(Under A.A.A. Laws)

Sponsored by the Harlow District Council

SATURDAY, AUG. 23rd, 3.45 p.m.

The race is held in conjunction with the town show. Race starts and finishes in the show arena in front of a crowd of 15,000 to 20,000. **TWO FREE ADMISSION TICKETS PLUS FREE CAR PARKING TO ALL ENTRANTS.**

PRIZES (values approx.) 1st £15, 2nd £10, 3rd £7.50, 4th £6, 5th £4.50, 6th £3.50, plus prizes to the next 20 who receive no other prize. First Vet O/40 £5, first Harlow man £5, first U/21 £5. Team prizes: 1st £7.50, 2nd £6, 3rd £4.50.

Organisers: Les Maxted (Harlow 30744) and Billy Watson.

Entries and details: Billy Watson, 117 Barn Mead, Harlow, Essex.

Fees: Individuals 30p (all must enter as individuals). Teams 30p (6 to run, 3 to score). Stamped addressed envelope please.

ENTRIES CLOSE MONDAY, AUGUST 11th.

CROYDON HARRIERS

TENTH OPEN

FIELD AND HURDLES MEETING

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

AT THE CRYSTAL PALACE**ON SATURDAY, AUGUST 9th, 1975**

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, 200mH.

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

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

MOST EVENTS ON TARTAN**ENTRIES CLOSE JULY 28th****NO LATE ENTRIES ACCEPTED**

Entry Fees: 30p first, and 20p additional events; Junior Men and Inter. Women: 20p and 15p additional events; Youths and Junior Women: 15p and 10p 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.

RICHARDSON WINS CHIGWELL '10' IN HUMID CONDITIONS

HAVING'S 27-year-old, Peter Richardson, the Essex County 3000m, 5000m, 10,000m and 20 mile road race Champion took the Chigwell '10' miles road race in very humid conditions of 22 degrees centigrade on June 14th.

In one of the toughest 10 milers in the country, Orion '15' and Isle of Wight marathon winner, Graham Dugdale and Mick Madders, on his way to achieving his first medal placing in an open road race, were leading by 15y at 2½ miles from a closely bunched trio consisting of deeply sun-tanned and bearded Richardson, Bill Weller, back from injury, and Brian Popel, who was about to have his third first six placing in the race. Steep, Pudding Lane then sorted the leaders out and there were then gaps of 10y between, in order, Dugdale, Richardson, Madders and Weller. At 5M Richardson had virtually caught Dugdale (25:18 to 25:19) with Madders through in 25:29, Weller 25:38 and Dave Stokes, running smoothly, in 26:12. As the leaders went down in to Chigwell Village at 6½M and started to climb Vicarage Lane Hill, Richardson opened up a vital 30y lead on Dugdale but although he did not widen it by the top a mile later, he was running very comfortably with his characteristic low leg carriage and eventually came home nearly half a minute clear.

Afterwards Dugdale remarked "I have not been easing down while I am doing a 100 miles a week in preparation for the RRC marathon. I considered my 1:44:16 clocking in the Finchley '20' a better performance than the Isle of Wight win because of the class field and the fact that I was going for 1:44:00! While Peter Richardson was dashing off to a wedding straight after he had crossed the line, TVH were gaining another comfortable team victory and Mick Madders was reducing his best course time from 55:26 to 52:34!

Alastair Aitken

1, P. Richardson (Havering) 51:37
2, G. Dugdale (Thames Valley H) 52:05
3, M. Madders (Walthamstow) 52:34
4, W. Weller (Bel) 53:17; 5, D. Stokes (Thurr) 53:49; 6, B. Popel (West) 54:47; 7, R. Charney (TVH) 55:11; 8, R. Howe (W'stow) 55:54; 9, M. Herring (If) 56:15; 10, C. Davis (W Corn) 56:17; 11, G. Goodman (TVH) 56:47; 12, G. Sanderson (West) 57:12; 13, B. Hercock (BoE) 57:52; 14, W. Anderson (Met P) 58:03; 15, R. Little (Shaft) 58:17. **Teams:** 1, TVH 9; 2, Walthamstow 16; 3, Met Police 36.

SCAAA 200 Competition winners for May: P. W. Green £25, P. G. Orpin £15, K. W. Best £5. SCWAAA 200 Club winners for May: 1, Mrs M. Stanley; 2, Mrs D. Hobbs; 3, V. Botten.

TEMPERTON MAKES IT THIRD TIME LUCKY IN MILETA '10'

JOHN TEMPERTON, a Cleckheaton man, now living in Mirfield, set out to make it "third time lucky" in the Mileta '10' miles road race at Cleckheaton on June 15th. John, running for Airedale & Spen Valley, has finished second in this race for the past two years and went off from the start at a killing pace, determined to make the race his. By the time the field of 55 runners had reached the centre of Cleckheaton the leading group of seven were drawing away from the rest of the field. This group consisted of Alan Spence, Brian Pickersgill, Dennis Quinlan and Graham Ellis. Alan Spence led the main group up Whitcliffe and by the time they had reached Scholes the leading seven were well over 100m clear of the rest. It was the short hill in Scholes Lane that Temperton, Ellis and Quinlan opened up a 20m gap from Spence and Weeks. This proved to be the decisive move and by 5M (Clifton) Temperton and Ellis were dropping Quinlan, who had fought so hard to keep up with them. Spence and Weeks were now 200m adrift and out of contention. At Robert-town, Ellis, though fighting hard, was slowly dropping back and Temperton had opened up a lead of 25m. Once in the clear Temperton held on grimly and finished 14secs clear of 19-year-old Ellis.

S.G.

1, J. Temperton (Airedale & Spen Valley) 51:19
2, G. Ellis (Holmfirth) 51:33
3, D. Quinlan (Bingley) 52:36
4, M. Weeks (Bing) 52:52; 5, J. Newsome (Wake) 53:14; 6, A. Spence (Bing) 53:19; 7, R. Pannell (Leeds) 53:46; 8, K. Mayor (Bolt) 54:04; 9, B. Pickersgill (Wake) 54:29; 10, S. Beardsell (Holm) 54:31; 11, D. Anderson (Bing) 54:35; 12, J. Turner (Wake) 55:04; 13, D. Ford (Holm) 55:07; 14, D. Gaskell (Wake) 55:26; 15, J. Barker (Grim) 55:28; 16, M. Whiteside (Salf) 55:32; 17, A. Bland (Grim) 55:50; 18, F. Wheeler (Bing) 55:59; 19, M. Child (Wake) 56:31; 20, B. Ellis (Wake) 56:38; 21, D. Bennett (Barn) 56:56; 22, G. Denham (Wake) 57:18; 23, G. Kay (Barn) 57:25; 24, E. Jacklin (Grim) 57:43; 25, J. Berry (Wake) 57:54. **Teams:** 1, Bingley 13; 2, Holmfirth 25; 3, Wakefield 26; 4, Wakefield 'B' 53; 5, Bingley 'B' 55; 6, Grimsby 56.

NATIONAL HURDLES SQUAD

The minimum qualifying performances required for membership of the National Hurdles Squads 1975/76 have been agreed as follows: **(Men)** 110H—14.4; 400H—51.9. **(Juniors)** 110H (3'6")—14.9; 400H—54.0. **(Women)** 100H—13.7; 400H—60.0. The 110H and 100H times must be non-windy, all performances to have been made since April 1st, 1975.

John Le Masurier

Southern Championships**Dave Cocksedge reporting****SEVEN INSIDE 13:50 FOR 5000**

IN dull, almost wintry conditions, there was little to cheer loudly about at the Southern Championships at Crystal Palace last weekend. Athletes battled a chilly, biting wind that numbed them all afternoon and ruined performances rather than assisted them.

An exceptional event was the 5,000m, which saw the talented Clive Thomas (28), a transplanted Welshman living in South London, emerge as a real threat at this distance. Tucked into a tight pack of seven at the bell, Clive—who boasts such personal bests as 4:01.0 (mile) and 8:38.2 (steeplechase)—jumped the field, and strode away around a majestic 59 last lap, looking very comfortable as he just missed the Olympic qualifying with his 13:42.8 victory ahead of the desperately chasing Keith Penny and Grenville Tuck. The latter had led at 1000m and 2000 (2:43.0 and 5:28.4) whilst Julian Goater had been ahead at the 3000 and 4000 watchpoints (8:29.4 and 11:04.8). The first seven broke 13:50 in a fine race that promises some good 10,000 times to come this year.

Barry Smith, winner of a fast 3:45.8 heat on Friday, found himself outwitted by that old campaigner, Jim Douglas (29), in the 1500 final. Smith hauled the field through laps of 59.8 and 60.8 and was a stride in front of the pack at the bell (2:46.2). Erwin Hartel, just back from Western Kentucky University, struck for home with 250m left only to have Douglas rush past him coming out of the last bend, and though Smith came again with a very fast late run to reclaim second he couldn't dislodge the burly TVH man. In an exciting 400 final, Steve Marlow stole by Bob Benn 40m out to claim a 47.6 decision.

Geoff Capes, complaining of the cold, snapped up the shot title easily and Paul Dickenson unloaded several 65m plus throws in the hammer, including a fine new championship best of 67.78 (67.80 measured with steel tape). Athens qualifying marks came from Wilbert Greaves (18), who just prevailed in a tight finish with David West to win the 400mH in 53.0; and Garry Doerr (19) who stepped out to 15.30 in the triple jump, delighted that a chronic foot injury held up to the pounding.

Youth was also prevalent in the pole vault where Jeff Gutteridge (18) beat the Athens qualifying mark yet again with a second time clearance at 4.75 and had two unsuccessful tries at 4.90 and one at 5.00 (which guesting Ray Boyd of Australia also failed). Allan Williams couldn't handle the tricky wind, and fouled out at 4.60.

Guesting in the long jump, Alan Lerwill got the better of Roy Mitchell with his opening leap of 7.56 (series: 7.56, NJ, NJ, 7.45, 7.46), and Bill Tancred reached 60.86 in the discus—not a bad throw in the conditions, though he admitted to being still subdued by that demolition job the

East Germans pulled off in Dresden. Alan Cronin clocked a legal 14.3 to outlean Graham Gower in the high hurdles, and Terry Collins conquered the 100m field with a windy 10.6.

Some official decisions caused resentment among the athletes. Why, for instance, was Alan Lerwill allowed to guest in the long jump (he entered too late for the championship) whilst Roger Mills was rejected from the 3km walk? And why so many Canadians and Australians allowed into a supposedly closed championship meeting? The steeplechase resulted in a farce as just five men ran in the championship race whilst ten faced the starter in the 'Standards' race. Something wrong there.

100 (+3.2): 1, T. Collins (Ex B) 10.6; 2, A. Cornaby (Read) 10.7; 3, D. Hill (QPH) 10.7; 4, D. Burnett (AF&D) 10.8; 5, I. Green (Lut) 10.9; 6, P. Lavender (E&E) 11.1 (10.9 ht); 7, S. Payne (Vic P) 11.1. I. Matthews (TVH) scr.

200: 1, Matthews 21.7; 2, Collins 21.7; 3, S. Hall (Hill) 21.9 (21.8 ht); 4, D. Laing (E&E) 22.1; 5, Payne 22.2 (22.1 ht); 6, I. Cooper (B'mouth) 22.3; 7, R. Kislingbury (SLH) 22.3; 8, S. Barrett (New) 22.4.

400: 1, S. Marlow (Chelm) 47.6; 2, R. Benn (Croy) 47.8; 3, I. Emmanuel (Ilf) 48.5 (48.4 ht); 4, L. Walters (TVH) 48.8; 5, P. White (Poly) 49.2; 6, M. Blackman (W Gn) 49.2; 7, C. Knee (Hill) 49.7; 8, R. Bishop (B&H) 50.5 (49.7 ht).

800: 1, P. Browne (TVH) 1:49.9; 2, C. Campbell (Poly) 1:50.1; 3, G. Grant (Camb H) 1:50.7; 4, S. Trew (Enf) 1:52.5; 5, E. Coffey (Ex B) 1:53.3 (1:51.9 ht); 6, M. Wingfield (SLH) 1:53.7 (1:52.0 ht); 7, P. Rafferty (Har) 1:57.6 (1:52.0 ht). W. Tarquini (HHH) scr.

1500: 1, J. Douglas (TVH) 3:42.9; 2, B. Smith (Thurr) 3:43.6; 3, E. Hartel (Bris) 3:43.8; 4, C. Ridler (Bris) 3:44.7; 5, J. Cadman (Cov) 3:47.0; 6, M. Benn (W Gn) 3:50.3 (3:50.1 ht); 7, J. Bruce (Croy) 3:50.7; 8, C. Garforth (C&C) 3:51.2; 9, J. Stow (Bel) 3:55.0 (3:52.4 ht); 10, D. Warren (E&E) 3:56.9 (3:52.4 ht). In hts: C. Sly (Felt) 3:52.7; P. Lee (Inv) 3:52.8; C. Spedding (Gates) 3:53.0; D. Roberts (Camb H) 3:53.1; S. Newton (HW) 3:53.5; D. Ainslie (P'boro) 3:54.4; A. Rede (Ox) 3:54.5; D. Fleming (HBS) 3:54.6; M. Gratton (B&H) 3:55.1; P. Williams (SLH) 3:55.2; D. Curwell (AF&D) 3:55.5; R. Coles (B'heath) 3:55.7; J. Odlin (N Lon) 3:55.8; J. Smart (TVH) 3:55.8.

5000: 1, C. Thomas (TVH) 13:42.8; 2, K. Penny (Camb H) 13:44.2; 3, Gren Tuck (C&C) 13:45.6; 4, S. Walker (Thurr) 13:46.0; 5, P. Standing (B&H) 13:47.6; 6, J. Goater (Shaft) 13:48.8; 7, J. Wigley (Inv) 13:49.6; 8, H. Starkey (Shaft) 14:03.8; 9, J. Bicourt (Bel) 14:09.4; 10, C. Taylor (HHH) 14:14.2; 11, P. Adams (AF&D) 14:15.6; 12, V. Smith (Med) 14:22.8; 13, J. Roberts (SLH) 14:25.0; 14, C. Moxsom (W Gn) 14:30.0; 15, M. Brameld

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(Inv) 14:31.8; 16, F. Brady (Lon I) 14:33.2; 17, N. Gates (Felt) 14:33.8; 18, P. Chivers (E&S) 14:34.2; 19, J. Sheridan (TVH) 14:37.4; 20, G. Smith (Ips) 14:38.2; 21, Grah Tuck (C&C) 14:38.6.

5000 (Standards): 1, J. Odlin (N Lon) 14:16.2; 2, M. Puddifoot (TVH) 14:21.0; 3, R. Kocher (S&E) 14:24.8; 4, A. Catton (Ilf) 14:27.0; 5, R. Coles (B'heath) 14:27.4; 6, M. Heath (H&S) 14:31.2; 7, E. Morris (N Lon) 14:33.0; 8, G. Dugdale (TVH) 14:34.2. D. Faircloth (Croy) 14:18.4 disq.

3000SC: 1, J. Wild (Dby) 8:49.6; 2, R. Bean (C&C) 9:01.8; 3, R. Samuel (Shaft) 9:11.0; 4, C. France (E&E) 9:18.8; 5, W. Upcott (SLH) 9:36.6.

3000SC (Standards): 1, G. Krause (Canada-gst) 9:06.8; 2, R. Charleston (Chelm) 9:20.0; 3, A. Sharp (Ton) 9:20.4; 4, R. Church (P'boro) 9:23.2; 5, I. Logan (AF&D) 9:25.4; 6, A. Stedman (Poly) 9:32.0; 7, G. Retter (Ex) 9:33.4.

3000W: 1, A. Buchanan (B&H) 12:52.8; 2, D. Stevens (Stey) 12:53.8; 3, A. Ardley (Ton) 13:27.6; 4, D. Johnson (B&H) 13:34.0; 5, D. Parkins (Med) 13:40.4; 6, G. Robinson (Enf) 13:50.4.

110H: 1, A. Cronin (RNAC/S&E) 14.3; 2, G. Gower (Hill) 14.3; 3, C. Breen (Ex Un) 14.5; 4, M. Hatton (Read) 14.9; 5, K. Purves (Hill) 15.0; 6, G. Peckham (E&E) 15.5; 7, C. Jousiffe (High) 15.5; 8, I. Willoughby (Bris) 15.9 (15.5 ht).

400H: 1, W. Greaves (Ilf) 53.0; 2, D. West (TVH) 53.0; 3, M. Whittingham (HHH/Leic Un) 53.9; 4, S. Hinchliffe (Poly) 54.2; 5, J. Longman (S&E) 54.8; 6, Willoughby 55.4.

HJ: 1, T. Hoyte (TVH) 1.96/6'5"; 2, S. Faulkner (—) 1.93/6'4"; 3, G. Rikly (Brack) 1.90/6'2½"; 4, D. Walters (B&H) 1.90; 5, L. Hall (—) 1.90; 6 eq. C. Jousiffe (High) & A. Dainton (Har) 1.85/6'0½"; 8, S. Paine (Har) 1.85; 9, W. Johnston (BoE) 1.85.

PV: 1, J. Gutteridge (WS&E) 4.75/15'7"; 2, J. Fenge (HW) 4.60/15'1"; 3, W. Best (BoE) 4.40/14'5½"; 4, C. Boreham (Lut) 4.40; 5, K. Stock (Croy) 4.40; 6 eq. M. Bryant (Unatt) & S. Clark (Croy) 4.20/13'9½"; 8, G. Patel (W Gn) 4.20; 9, T. Gardner (Hill) 4.00/13'1½"; 10, B. Drayton (S&E) 4.00; 11 eq. A. Drayton (S&E) & H. Davis (N Lon) 3.70/12'1½"; 13, K. Latham (Lut) 3.70. A. Williams (Camb H) no ht. R. Boyd (Australia—gst) 4.90/16'0½".

LJ: 1, R. Mitchell (RNAC) 7.45/24'5½"; 2, R. Heward-Mills (Leic) 7.33/24'0½"; 3, M. James (WS&E) 6.88/22'7"; 4, T. Wells (Ex) 6.83/22'5"; 5, M. Scott (Bel) 6.81/22'4½"; 6, R. Hopkins (Bel) 6.75/22'1½". A. Lerwill (Enf-gst) 7.56/24'9½".

TJ: 1, G. Doerr (BRC) 15.30/50'2½"; 2, Heward-Mills 15.19/49'10"; 3, J. Vernon (S&C) 15.11/49'7"; 4, C. Colman (Camb H) 14.86/48'9"; 5, P. Clarke (Ver) 14.26/46'9½"; 6, S. Ashdown (Lut) 13.68/44'10½".

SP: 1, G. Capes (BoE) 19.63/64'5"; 2, M. Winch (B&H) 18.31/60'1"; 3, S. Clark (W Gn-Vet) 16.22/53'2½"; 4, A. Drzewiecki (Stoke) 16.07/52'8½"; 5, S. Rodhouse (BRC) 15.33/50'3½"; 6, N. Griffin (WS&E) 14.59/47'10½".

DT: 1, W. Tancred (W&B) 60.86/199'8"; 2, M. Cushion (W Gn) 57.74/189'5"; 3, Capes 56.08/184'0"; 4, Winch 55.74/182'10"; 5, P. Tancred

continued on page 30

Obituary

RUTH TAYLOR

It is with great regret that we report the death on June 11th, after a long illness, of Mrs Ruth Taylor (83). Her husband, Mr R. Taylor, the former chairman of the WAAA, has indeed suffered a great loss. The Taylors' record of service to women's athletics in this country is a long and almost unparalleled one.

A life vice-president of the Northern Counties WAAA, Mrs Taylor had a lifelong interest and took a very active part in the organisation and administration of women's athletics in the North. Over a period of 27 years, from 1932 to 1959, she was the honorary secretary of the NCWAAA. During this time she officiated at all levels in the sport, taking her first team abroad as manager in 1936, and accompanying the Empire Games team to New Zealand in 1950.

Mrs Taylor made every effort to see the meeting organisers conformed to WAAA rules and attended many meetings over the whole area in the days when women officials were few and far between. At committee meetings she always made her views known in a forthright manner and, as a young committee member, one respected and admired her. Ruth Taylor was a most kind and helpful person who was always willing to advise and guide long after retiring as secretary. As a president and later a life vice-president, Mrs Taylor was a loyal member of our association and of the parent body, the WAAA, of which she was also a life vice-president.

M. M. Oakley,
Hon Sec, NCWAAA

SIR ERIC STUDD

Sir Eric Studd, Bt, OBE, who died on June 11th, became president of Polytechnic Harriers in 1947, a position he held until 1965, when for reasons of health he relinquished the title.

Upon becoming president he quickly became involved in our marathon race and will always be remembered by myself as one of the six people who organised the race, but only met once a year—about three hours before the race was due to start at Windsor Castle. Sir Eric's job in this team was to smooth out problems at the very highest level.

On behalf of the committee and members of the polytechnic Harriers I can only extend to Lady Studd and her family our great sympathy in her bereavement.

A.E.H.W.

WEST MIDLANDS TRACK LEAGUE

At Tipton, June 10th

200: T. James (W&B) 22.6. 800: J. Aukett (W&B) 1:58.4. (Juniors) 100: James 11.2. (Youths) 100: H. Robertson (W) 11.4. (Senior Women) JT: J. Zasloná (St P) 35.04/114"11". (Juniors) 100: Spittle (D) 13.0. 4x100: W&B 52.8.

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OPEN SCRATCH EVENTS

TRACK

(Under A.A.A. Laws—440 Yards Grass Track)

MEN—SENIOR (Prizes Valued at £8, £5, £2)

1. 100 Yards
2. 220 Yards
3. 880 Yards
4. One Mile

FIELD

MEN—SENIOR (Prizes Valued at £8, £5, £2)

5. Putting the Shot
6. Throwing the 28lb Weight for Distance
7. Throwing the Scots Hammer
8. Throwing the 56lb Weight for Height
9. Tossing the Caber
10. High Jump (Grass take off)

SPECIAL HANDICAP EVENTS

MEN—VETERANS (Prizes Valued at £6, £4, £2)

11. 100 Yards
12. 220 Yards
13. 440 Yards
14. One Mile

ENTRY FEES

OPEN SCRATCH EVENTS—Men

One Event	15p
Two Events	25p
Three or more Events	30p

VETERANS

One Event	10p
Two or more Events	15p

ENTRIES CLOSE FRIDAY, JULY 25th, 1975

All entries to be made on the appropriate A.A.A. Entry Form.

N.B.: Late entries will be returned.

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MIXED FORTUNES FOR PRO TRACK

Mel Watman reports on the ITA's recent British tour

THEY came, we saw . . . and were not conquered. The International Track Association's troupe of professional athletes, who appeared at Meadowbank on June 18th and at Crystal Palace two days later, boasted a few particular crowd pleasers and produced several outstanding performances, but they broke no records in terms of entertainment. "The International Track Association has given the ancient and honourable sport of track and field a new dimension," claims ITA president, Mike O'Hara, but apart from the welcome opportunity to see again some of the glittering names of athletics there was nothing in the ITA format which cannot be matched, or bettered, by any orthodox high-class invitational meet. To be fair, the ITA is probably more at home in its more usual indoor setting where there is more scope for intimate rapport between performer and spectator and where showbiz techniques can be used more effectively.

One severe drawback to crowd appreciation on the British tour was the lack of personal identification. This wasn't so obvious in Edinburgh where the crowd could cheer on a number of Scottish athletes but at Crystal Palace it evidently did detract from the audience's enjoyment. The scarcity of British athletes might not have mattered so much if the competition had carried more obvious significance but in many events it was difficult to arouse much interest. Did anyone really care whether it was Tommy Fulton, Ken Swenson or Juris Luzins who would win the 800m—indeed, who but the exceedingly well informed would have heard of them? Likewise, the names of John Radetich, Chris Dunn, Rick Fletcher et al in the high jump mean little to British fans and their performances were not of sufficiently high calibre to engender any great enthusiasm.

Of the forty ITA athletes who flew over, only a handful could be said to have made a deep impression with the British public: Brian Oldfield, a particular favourite at Meadowbank because of his game attempts to beat the Scottish heavy event specialists at their own game; Steve Smith for his vaulting artistry; and John Delamere, whose somersault long jumping technique had the spectators buzzing even though his distances were only mediocre. To these could be added John Smith and Rod Milburn, for those who appreciate great running and hurdling when they see it. Unfortunately, Ben Jipcho—ITA's top money winner—showed lacklustre form even if he did add another couple of thousand dollars to his earnings.

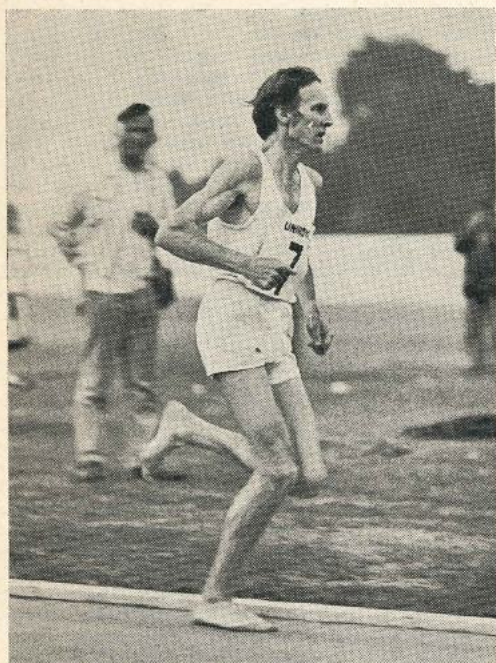
Presentation-wise there was little to be learned from the professionals, though credit must go to Bob Steiner who as Master of Ceremonies popped up all over the arena with his microphone to introduce competitors and announce results. He came over well at Meadowbank where the big crowd responded to the enthusiasm he generated, but his efforts were in vain at Crystal Palace where there was precious little feedback from the woefully small attendance.

There was indeed a wealth of difference between the two meetings . . . largely due to advance publicity. The Edinburgh newspapers lavished much space on what they correctly regarded as a major sporting event, advance ticket sales were brisk, and on the night (cold and very blustery) there were over 12,000 in the stadium. Thus, there was 'atmosphere' from the outset and the meet turned out to be fairly successful—highlighted by two of the most remarkable athletic achievements (by Oldfield and Steve Smith) ever witnessed in this country. In contrast, the London fixture—tabbed the 3M Pro Track

Steve Smith, who attempted new world pole vault record figures both at Meadowbank and Crystal Palace.

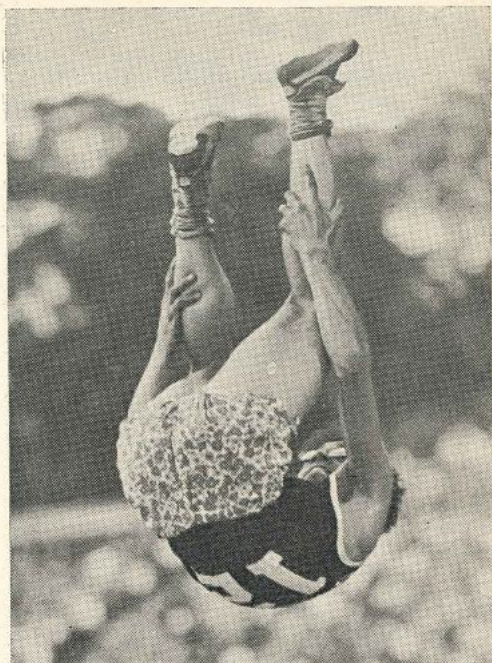


THE PROFESSIONALS IN ACTION AT CRYSTAL PALACE—June 20th



Bruce Tulloh, 1962 European 5000m champion, returned to the track in the 2 miles.

Ed Lacey



John Delamere (NZ) caught the eye with his forward roll long jump style.

Mike Street

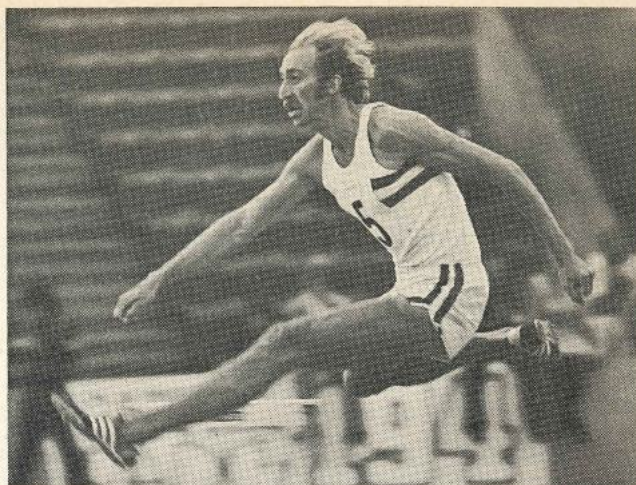


John Smith, holder of the world 440y record of 44.5, was an impressive 400m winner in a time announced as 44.5—fastest in the world this year. **Larry James** (centre) and **Warren Edmonson** were both given 45.0.

Mike Street

David Hemery can claim a 100% success record as a professional athlete. He won over 330y hurdles in 35.5 at Boston and over the metric equivalent in 36.3 at Meadowbank and 35.8 at Crystal Palace, pictured here.

Mike Street



Brian Oldfield in rotation . . . he reached 22.27/73'1" and 21.14/69'4½" in his two British outings.
Ed Lacey



Australian Chris Fisher scores a rare victory over Ben Jipcho in the mile—4:00.2 to 4:00.4.
Ed Lacey

ITA MEETING

At Boston, June 13th

100y: 1, Ravelomanantsoa 9.4; 2, Edmonson 9.5; 3, Jackson 9.5; 4, Hines 9.6. **440y:** 1, Smith 45.2; 2, James 45.8; 3, L. Evans. **880y:** 1, Swenson 1:48.0; 2, Fisher 1:48.0; 3, Luzins 1:48.7; 4, Fulton 1:50.2. **Mile:** 1, Jipcho 3:57.9; 2, Wottle 3:58.0; 3, Munson 4:06.0. **2M:** 1, Jipcho 8:34.8; 2, Benson 8:35.0; 3, Smith 8:38.8; 4, La Benz 8:48.4. **120yH:**

1, Babb 13.8; 2, Milburn 13.8; 3, L. Coleman 14.1. **330yH:** Hemery 35.5. **HJ:** 1, Dunn 2.16/7'1"; 2, Fletcher 2.13/7'0"; 3, Caruthers 2.13; 4, Radetich 2.08/6'10". **PV:** 1, Smith 5.18/17'0"; 2, Williamson 4.87/16'0"; 3, Phillips 4.87. **LJ:** 1, Hines 7.82/25'7½"; 2, Jackson 7.57/24'10½"; 3, Boyd 7.22/23'8½". **SP:** 1, Oldfield 21.79/71'6"; 2, Salb 20.36/66'9½"; 3, Matson 20.16/66'13". **Women's 100y:** Tyus 10.5, Ferrell 10.8, O'Neal 10.9.

Championships—had beautiful weather, but not much else to commend it. A paucity of publicity led to a tiny crowd (at around 4,000 probably the smallest in ITA's history) and a consequent lack of enthusiasm on the part of athletes and spectators. What was intended to be the summit of the professionals' season became instead a rather embarrassing anti-climax.

The ITA would like to return to Britain in 1977 provided extra sponsorship is forthcoming, and no doubt that will depend on how attractive a package the ITA can promise that year. Pro track desperately needs new blood and its future will hinge upon recruitment made after next year's Olympics. Of course, the signing-on fees will need to be very substantial to tempt some of the biggest names in the middle and long distance running department. One very distinguished European 'amateur' is reputed to have rejected a previous overture by the ITA claiming "I can't afford to turn professional!"

Now to the competition . . . starting with Meadowbank. Two performances stood out: the second longest shot-put in history and one of the most remarkable pole vaulting displays ever witnessed.

Brian Oldfield—Garth personified—had already made it clear that he was determined to show the Europeans that his staggering world's best of 22.86/75'0" was no fluke, and he succeeded. Putting from a portable circle in the middle of the infield and watched appreciatively by the crowd, Oldfield opened with a sedate 21.35/70'0½", fouled at around 73½ft (22.40) and then stayed in the ring for a whopping 22.27/73'1" in the third round. That might have been almost two feet down on his record but it was still almost 1½ft farther than Al Feuerbach's official amateur world mark. He followed up with a valid 21.59/70'10" and fouls of 72ft and 70ft. Oldfield (30), who describes himself as "a drifter—have shot, will travel", still finds trouble staying in the circle with his fast, discus-throw technique but the style obviously suits him and his talk of one day hitting 80ft (24.38) may not be quite so fanciful as it might sound. It was really rather sad to see Randy Matson (also 30), the pioneer 70-footer a decade ago, going through the motions almost two metres behind his rival.

Another former world record holder and Olympic champion, Bob Seagren, was unable to make the trip because of injury but the pole vault remained one of the meet's highlights thanks to Steve Smith, 23-year-old marketing director of Sky Pole Manufacturing Inc. The event was to have started at 7 pm but someone forgot to bring the poles from the team's HQ at North Berwick and the competition did not get under way until over two hours later. The rest of the meet ended just before 10 pm, by which time the vault was only just beginning to get interesting. Several hundred fans congregated by the runway to watch Smith clear 5.23/17'2" and 5.41/17'9" but only a trickle remained to brave the cold and gusty conditions at around 11 pm as Smith successfully flew over 5.58/18'3¼", the 13th 18ft clearance of his career. That was one of the highest clearances in history—yet Smith was still wearing his sweatsuit! Only when the bar was raised to the absolute world record height of 5.67/18'7½" did he strip off, and his second attempt was close. The event came to a conclusion at almost 11.30 pm.

Over four hours earlier the meet had moved off to a good start with the return appearance of David Hemery (30), racing for the first time in Britain since his best-on-record time of 34.6 for 300m hurdles at the 1972 Coke meeting. The years dropped away as the former Olympic champion strode majestically to victory in 36.3 over Larry James, the second fastest flat 400 runner (43.9) in history.

There were strong hopes of a Scottish win in the 120 yards through George McNeill, holder of the world's best time of 11.14 (10.1 for 100m en route) and probably the fastest sprinter Britain has ever produced. He was away well but the impetus of his start caused him to stumble after a few steps and for the rest of the distance he was struggling to catch up against some of the world's speediest men. In the circumstances he did wonderfully well to finish 3rd in 11.3 (worth 10.3 for 100m), the winner being Warren Edmondson in 11.1—which would have been a new record but for the 3.2m/sec wind. Another Scot, Bert Oliver (best of 11.3), finished 5th.

The mile was a very slow race, won in 4:05.3, but it did provide a good deal of excitement for the local fans as the British professional champion, Jim Gray (personal best of 4:05 on grass), did battle with some more famous names. Gray overtook Dave Wottle (yes, he's still wearing that hat) with 240m to run and led into the final straight where Wottle passed him on the inside. The Scotsman, a 25-year-old bricklayer, fought hard all the way to hold off Australia's Tony Benson. Delighted with himself, Gray ran a loudly acclaimed lap of honour—and one wonders what he would have done had he won the race! Ben Jipcho gave the mile a miss but hopes that he was saving up something special for the 2 miles were dashed when the first mile was covered in 4:20. The Kenyan ran just fast enough to outstrip Tracy Smith in a modest 8:45.6. John Smith won the 400m in fine style but his time of 45.5 (and those behind him) may have been flattering as a sharp eyed NUTS member claimed the runners started from relay zone lines, resulting in their covering only about 396m.

Oldfield and Steve Smith were responsible for two of the best performances at Crystal Palace two days later, but neither reached the heights of Edinburgh. Oldfield had trouble handling Matson in the early rounds and was over the 21m line 'only' twice, while Smith had a close shave in the Personna vault at 5.51/18'1" before failing at 5.67/18'7¼". Without detracting from Smith's performances, the apparatus (uprights and bar) used in ITA vaulting does not conform fully to IAAF rules.

Highspot of the evening for the crowd was the sight of David Hemery racing to another victory in the 300m hurdles (35.8) for first prize of \$1000, though his only opponent, Larry James, had run 45.0 for 400m an hour earlier. Even that proved good enough only for second place (with Warren Edmondson 3rd in the same time!) as John Smith won again. The time announced was a sizzling fast 44.5 but several unofficial timekeepers caught the world 440y record holder at 44.8 or 44.9. Superb running all the same by a man who faces three additional rivals in each of his races: "If I beat me, myself and I—then I win." Smith, who is still seeking to atone for his Olympic failure ("I choked under pressure"), is confident of running

"43-something" next year. He was awarded the 3M Athlete of the Meet Trophy.

Ben Jipcho suffered one of his rare defeats when Australian Chris Fisher held him at bay in the final straight of the mile. Fisher led into the straight and neither Jipcho nor Dave Wottle could quite manage to close the gap. The Kenyan—destined to lose his world steeplechase record a few days later—was more successful in the 2 miles two hours later, staying narrowly ahead of Tony Benson for a time of 8:33.2. Bruce Tulloh, barefoot as ever, produced an astonishingly good run for a man who will turn 40 in September and has been away from the track for so long—clocking 9:08.4 after a first mile of around 4:27.

ITA RESULTS

At Meadowbank, June 18th

120y: (+3.2m) 1, W. Edmonson 11.1; 2, J-L. Ravelomanantsoa (Malagasy) 11.2; 3, G. McNeill (Sco) 11.3; 4, J. Hines 11.5; 5, B. Oliver (Sco) 11.6; 6, J. Green 11.7; 7, J. J. Jackson 11.7. **400m:** 1, J. Smith 45.5; 2, Edmonson 45.9; 3, L. James 46.1; 4, Green 49.1; 5, J. Smith (Sco) 49.3. **1000m:** 1, K. Swenson 2:23.5; 2, C. Fisher (Aus) 2:23.8; 3, D. Wottle 2:24.7; 4, T. Fulton; 5, J. Luzins; 6, F. De La Cerda (Mex). **Mile:** 1, Wottle 4:05.3; 2, J. Gray (Sco) 4:05.9; 3, A. Benson (Aus) 4:05.9; 4, C. La Benz 4:07.1; 5, K. Munson 4:12.0. **2M:** 1, B. Jipcho (Ken) 8:45.6; 2, T. Smith 8:46.2; 3, La Benz 9:10.4; 4, J. Howe 9:35.6. **110mH:** (+3.0m) 1, R. Milburn 13.5; 2, L. Babb 13.7. **300mH:** 1, D. Hemery (Eng) 36.3; 2, James 36.8; 3, Babb 37.9; 4, Milburn. **HJ:** 1, J. Radetich 2.19/7'2½"; 2, C. Dunn 2.19; 3, R. Fletcher 2.10/6'10½"; 4, O. Burrell 2.05/6'8½"; 5, E. Caruthers 2.05; 6, R. Jourdan 2.05. **PV:** 1, S. Smith 5.58/18'3½"; 2, B. Williamson 5.23/17'2"; 3, D. Phillips 4.87/16'0". **LJ:** 1, H. Hines 7.69/25'2½"; 2, H. Jackson 7.47/24'6"; 3, J. Delamere (NZ) 7.36/24'1½"; 4, D. Boyd 7.26/23'10". **SP:** 1, B. Oldfield 22.27/73'1"; 2, R. Matson 20.34/66'9"; 3, K. Salb 19.30/63'4". **28lb Wt:** 1, W. Anderson (Sco) 83'4"; 2, Oldfield 82'0"; 3, L. Bryce (Sco) 75'1"; 4, Edmunds (Sco) 68'4". **Scots HT:** 1, Anderson 138'7"; 2, Bryce 117'9"; 3, Oldfield 117'7"; 4, Edmunds 106'6". **Caber:** 1, Anderson; 2, Oldfield; 3 eq. Bryce & Edmunds. **Women's 100m:** 1, W. Tyus 11.3; 2, B. Ferrell 11.6; 3, L. O'Neal 12.5.

At Crystal Palace, June 20th

100m: 1, Ravelomanantsoa 10.3; 2, Edmonson; 3, Hines; 4, McNeill; 5, Jackson; 6, Green. **400m:**

1, Smith 44.5; 2, James 45.0; 3, Edmonson 45.0; 4, Green 47.5; 5, Hines. **800m:** 1, Fulton 1:48.9; 2, Swenson; 3, Luzins; 4, De La Cerda; 5, Howe. **Mile:** 1, Fisher 4:00.2; 2, Jipcho 4:00.4; 3, Wottle 4:00.4; 4, Munson 4:04.0; 5, La Benz 4:25.5. **2M:** 1, Jipcho 8:33.2; 2, Benson 8:33.6; 3, Smith 8:39.8; 4, Gray 8:55.2; 5, B. Tulloh (Eng) 9:08.4. **110mH:** 1, Milburn 13.4; 2, Babb 13.8; 3, Burrell 14.6. **300mH:** 1, Hemery 35.8; 2, James 37.7. **HJ:** 1, Radetich 2.18/7'1½"; 2, Dunn 2.15/7'0½"; 3, Fletcher 2.15; 4, Burrell 2.10/6'10½"; 5, Caruthers 2.10; 6, Jourdan 2.05/6'8½". **PV:** 1, Smith 5.51/18'1"; 2, Williamson 5.20/17'1"; 3, E. Lipscomb 5.03/16'6". **LJ:** 1, Hines 7.77/25'6"; 2, Jackson 7.55/24'9½"; 3, Delamere 7.43/24'4½"; 4, Boyd 7.29/23'11". **SP:** 1, Oldfield 21.14/69'4½"; 2, Matson 20.28/66'6½"; 3, Salb 19.57/64'2½". **Women's 100m:** 1, Tyus 11.4; 2, Ferrell 11.7; 3, O'Neal 12.3.

NORTHUMBERLAND & DURHAM

AAA CHAMPIONSHIPS

At Gateshead, June 6th/7th

200: D. Gallagher (Morp) 22.5 (CBP). **800:** 1, D. Gibbon (Els) 1:52.5; 2, A. Amos (Gates) 1:53.2; 3, J. McCarthy (Gos) 1:53.7. **1500:** 1, Gibbon 3:48.8; 2, Amos 3:50.1; 3, D. Lowes (Gates) 3:53.0. **5000:** J. Myatt (Gates) 14:32.2. **3000SC:** P. Barker (Morp) 9:37.6. **HJ:** A. Bell (NSP) 1.90/6'2½". **SP/DT:** I. Chipchase (NSP) 13.61/44'8" & 41.98/137'9". **HT:** 1, P. Gordon (Pol) 57.70/189'4"; 2, S. Watson (NSP-Y) 56.92/186'9"; 3, T. Elsdon (NSP-J) 43.28/142'0". **(Juniors):** 800: L. Nicholson (S Shields) 1:56.3. **1500:** P. Harker (Darl) 4:00.0. **2000SC:** G. Forster (Sund) 6:15.2. **(Youths)** 1500SC: 1, C. Knight (Gates) 4:34.3; 2, G. Madison (Gates) 4:42.8; 3, G. Lisgo (Gates) 4:44.3. **HJ:** D. Goldsworthy (NSP) 1.79/5'10½". **SP:** 1, S. Watson (NSP) 14.78/48'6"; 2, D. Goldsworthy (NSP) 13.52/44'4½". **JT:** 1, L. Jacques (Burn R) 50.50/165'8"; 2, G. Mills (Thorn) 48.40/158'9". **(Boys)** 800: A. Lawrence (Darl) 2:01.5.

TYNESIDE TRACK LEAGUE

At Gateshead, June 11th

5000: D. Gibbon (Els) 14:23.6. **(Youths)** 4x200: Houghton (Alderson, Witty, Wright, Laughlan) 1:36.6. **(Senior Women)** 4x100: Houghton 50.2. **1600mW:** M. Fawkes (NSP) 7:32.0. **(Juniors)** 4x100: Houghton 53.2.

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In addition to the attractions of the Agricultural Show a

CYCLING & ATHLETICS MEETING

(under B.C.F., A.A.A., W.A.A.A., and R.W.A. Rules)

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and LEICESTER WALKING CLUB

An excellent grass track conforming to A.A.A. specifications of 300 metres per lap.

PROGRAMME COMMENCES 11 a.m. prompt**CLOSING DATE FOR ALL ENTRIES—MONDAY 28th JULY, 1975**

(Entries not accepted without Entry Fee)

SCHEDULE OF ATHLETIC EVENTS**PRIZE VALUES**

SCHEDULE C - ATHLETIC EVENTS				PRIZE VALUES			
				1st	2nd	3rd	4th
1.	100 METRES HANDICAP—LADIES	..	..	£8	£4	£2	—
2.	200 METRES HANDICAP—LADIES	..	..	£8	£4	£2	—
3.	400 METRES HANDICAP—LADIES	..	..	£8	£4	£2	—
4.	800 METRES HANDICAP—LADIES	..	..	£8	£4	£2	—
5.	100 METRES HANDICAP—MEN	..	..	£8	£4	£2	—
6.	200 METRES HANDICAP—MEN	..	..	£8	£4	£2	—
7.	800 METRES HANDICAP—MEN	..	..	£8	£4	£2	—
8.	1,500 METRES HANDICAP—MEN	..	..	£8	£4	£2	—
9.	3,000 METRES HANDICAP—MEN	..	..	£10	£5	£3	£2
10.	100 METRES HANDICAP—VETERAN	..	..	£8	£4	£2	—

N.B. CLASSES 4 and 3 Girls must be 16 years of age at midnight on 1st/2nd September 1975
ENTRY FEE: 15p EACH ENTRY.**SCHOOL CHILDREN**

11.	80 METRES HANDICAP—SCHOOL BOY	£6	£3	£2	—
12.	4 x 100 METRES RELAY—SCHOOL BOY	£6	£3	£2	—
Age Over 13 years and under 15 years at midnight on 1st/2nd September 1975.					
13.	80 METRES HANDICAP—SCHOOL GIRL	£6	£3	£2	—
14.	4 x 100 METRES RELAY—SCHOOL GIRL	£6	£3	£2	—
Age 11 years and under 15 years at midnight on 1st/2nd September 1975.					

CLASSES 12 and 14 ONLY. Less than four entries to qualify for two prizes. First £3, Second £2.
ENTRY FEE: £25p PER TEAM.CLASSES 11 and 13 ONLY. Six or more starters to qualify for prize money as programme. Four to Six to qualify for two prizes. First £3, Second £2. Three starters or less First £2.
ENTRY FEE: 15p. 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 1975. £2 Class 17).
ENTRY FEE: 15p EACH ENTRY.ALL ENTRIES TO:— E. A. DAKIN Esq., 2 Palmer Avenue, Loughborough, Le cestershire.
LE11 0NH. Telephone Loughborough 4319.The Promoters reserve the right to withdraw any event for which there are insufficient entries.
Eight or more starters to qualify for Prize Money as Programme. Four to seven 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.

SCOTLAND

DINGWALL & SPENCE UNDER 8 MINUTES

WITH a splendid victory in the 3000m that indicates he may well have found his true distance—albeit a non-Championship event—Jim Dingwall broke David Bedford's Scottish all comers record with 7:57.8 at the Carlsberg Quadrangular Representative match at Meadowbank on June 17th. With performances that range from a 3:45.8 1500m to a 2:19:01 marathon Dingwall has always seemed to be an athlete wandering in search of an event to accommodate his undoubted talents. Perhaps with this performance behind him he will decide to specialise in the 5000m. The 3000m was an intriguing race, with Julian Goater and John Wild of the RAF setting a fast pace in an effort to burn off the fast finishes of Dingwall and Lawrie Spence. With three laps to go Goater threw in a 62secs lap but did not gain anything on his rivals. Spence sprinted past Goater 50 yards from the bell and opened an 8 yard lead from Dingwall who made no impression down the backstraight with Goater fading badly behind. Spence held his lead round the final bend but Dingwall closed up and then attacked decisively in the last 80 yards passing Spence, who broke eight minutes for the first time, to win by 10 yards after a sub 58.0 last lap.

Mel Embree equalled the Scottish all comers record of 2:15/7'0½" while Gus McKenzie, after clearing 2.09 went straight to 2.15 but found it just too much for him. Paul Buxton gained his usual three throws victories and, beating 60 metres for the first time, gained a prestigious scalp when defeating Bruce Fraser narrowly.

Andy Williams came late to win the 800m in 1:51.9 and Roy Baillie, who set up the fast times with a fast pace 54.3 bell, and Junior Paul Forbes, both gained personal bests with 1:52.4 in a tight finish. John Robson, a reinstated amateur from Kelso, just beat Ray Crabb (who set a new RAF record) in a personal best 3:47.8 after a close struggle in the finishing straight with four of the six runners setting pb's.

Anne Littlejohn won the 400m in a fast 54.8 from Anne Clarkson who equalled her personal best of 55.4 in second place while Liz Sutherland had a good double in 24.9/14.2 despite a troublesome wind. Margaret Ritchie followed up her recent fine discus throwing with an easy 13.40 victory.

The Scottish select won the beautiful Viking Ship Trophy presented by Carlsberg Breweries Ltd who expressed the hope that the match would become an annual fixture under their continued sponsorship.

Colin Shields

SCOTLAND SELECT 203 v HARVARD/
YALE 193 v RAF 140 v SCOTTISH
UNIVERSITIES 74

100: 1, D. Halliday (RAF) 11.0; 2, T. Hooks

(HY) 11.0; 3, L. Piggett (SS) 11.0; 4, A. Harley (SS) 11.1. 200: 1, Harley 21.7; 2, A. McMaster (SS) 22.1; 3, Hooks 22.1; 4, H. Robertson (SU) 22.4; 5, Halliday 22.5. 400: 1, P. Hoffmann (SS) 48.1; 2, B. Gordon (SS) 48.6; 3, S. Butler (HY) 49.0; 4, M. Delaney (RAF) 49.1; 5, B. Papermaster (HY) 49.8; 6, B. Dickson (SU) 50.4. 800: 1, A. Williams (RAF) 1:51.9; 2, R. Baillie (SS) 1:52.4; 3, P. Forbes (SS) 1:52.4; 4, P. Ashenfelter (HY) 1:53.2; 5, B. Oberman (HY) 1:53.6. 1500: 1, J. Robson (SS) 3:47.8; 2, R. Crabb (RAF) 3:47.8; 3, R. Knowles (SS) 3:48.2; 4, I. Orton (SU) 3:49.1; 5, J. Campbell (HY) 3:51.5; 6, W. Sheridan (SU) 3:52.2. 3000: 1, J. Dingwall (SS) 7:57.8; 2, L. Spence (SU) 7:59.6; 3, J. Goater (RAF) 8:04.2; 4, A. Hutton (SS) 8:12.2; 5, J. Wild (RAF) 8:16.20. 110H: 1, H. Davis (HY) 14.9; 2, S. McCallum (SS) 15.0; 3, S. Butler (HY) 15.4. 400H: 1, McCallum 53.9; 2, Butler 54.0; 3, D. Schmitt (HY) 55.6; 4, H. Smith (RAF) 56.2.

HJ: 1, M. Embree (HY) 2.15/7'0½"; 2, A. McKenzie (SS) 2.09/6'10½"; 3, M. Butterfield (RAF) 2.00/6'6½"; 4, J. McCulloch (HY) 2.00; 5, G. Barclay (SU) 1.85/6'0½"; 6, R. Fullelove (SS) 1.85; 7, S. Green (RAF) 1.85. PV: 1, B. Heckel (HY) 4.34/14'2½"; 2, H. Block (HY) 4.00/13'1½"; 3, J. Johnston (SS) 3.80/12'5½"; 4, R. Morris (RAF) 3.60/11'9½". LJ: 1, W. Vanderpool (HY) 7.19/23'7½"; 2, A. Wells (SS) 6.88/22'7"; 3, P. Gazette (RAF) 6.81/22'4½". TJ: 1, Vanderpool 14.23/46'8½"; 2, T. Black (SS) 13.90/45'7½"; 3, A. Kayali (HY) 13.82/45'4½". SP: 1, P. Buxton (SS) 16.04/52'7½"; 2, D. Viggetts (HY) 15.38/50'5½"; 3, E. McCafferty (HY) 15.32/50'3½"; 4, E. Palsay (RAF) 15.03/49'3½"; 5, W. Weir (SS) 13.27/43'6½". DT: 1, Buxton 49.28/161'8"; 2, D. Gilbane (HY) 46.16/151'5"; 3, C. Watson (SS) 45.42/149'0"; 4, S. Nemi (HY) 42.82/140'6"; 5, Palsay 41.54/136'3". HT: 1, Buxton 60.24/197'8"; 2, B. Fraser (RAF) 60.06/197'0"; 3, D. Jiggetts (HY) 57.78/189'7"; 4, T. Campbell (SU) 57.08/187'3"; 5, S. Nemi (HY) 53.50/175'6"; 6, E. Johnston (RAF) 53.40/175'2". JT: 1, D. Birkmyre (SS) 67.66/222'0"; 2, P. Stewart (RAF) 60.82/199'6". 4x100: 1, Harvard/Yale 42.2; 2, Scottish Select 42.6; 3, RAF 42.6; 4, Scottish Universities 43.1. 4x400: 1, RAF 3:16.3; 2, Harvard/Yale 3:17.0; 3, Scottish Select 3:17.3; 4, Scottish Universities 3:21.4.

ESH 125; EAC 65; Scottish Universities 59; WRAF 54 (Women).

100/200: H. Golden 12.1/24.9. 400: 1, A. Littlejohn (ESH) 54.8; 2, A. Clarkson (ESH) 55.4. 800: 1, A. Brown (ESH) 2:14.7; 2, T. Colebrook (WRAF) 2:18.6. 100H: 1, E. Sutherland (ESH) 14.2; 2, M. Wells (ESH) 15.3; 3, E. Davidson (SU) 15.5. HJ: 1, S. Russan (EAC) 1.65/5'5"; 2, L. Bell (ESH) 1.62/5'3½"; 3, E. Dinwiddie (ESH) 1.56/5'1½". LJ: F. MacAuley (ESH) 5.49/18.0½". SP: 1, M. Ritchie (ESH) 13.40/43'11½"; 2, S. Brodie (ESH) 11.78/38'7½"; 3, I. Catlin (SU) 10.31/33'10". 4x100: ESH 47.6.

(Scottish Championship results next week)

COUNTY SCHOOLS CHAMPS

BEDFORDSHIRE

At Luton, June 14th

110H: 1, Burgess 15.5; 2, Farrell 15.9. HJ: 1, Houks 1.88/6'2"; 2, Burgess 1.88. TJ: Ashdown 13.64/44'9". (Inters) 100: Thomas 11.1. 200: McNulty 23.0. 100H: B. Pratt 14.4. HJ: Smith 1.75/5'8½". (Juniors) HJ: Welham 1.62/5'3½". (Junior Girls) 100: Leon 13.0. 800/1500: D. Buckley 2:25.7/4:52.0. HJ: Phillips 1.55/5'1". DT: Farnell 29.72/97'6".

CHESHIRE

June 7th

PV: R. Goodhall 4.00/13'1½". DT: B. Hodgkinson 40.90/134'2". HT: B. Reed 49.02/160'10". (Inters) 100: 1, S. Naughton 11.4; 2, D. Morgan 11.4. 200: D. Lake 23.0. HJ: 1, M. Snow 1.80/5'10½"; 2, D. Towers 1.78/5'10". DT: J. Thompson 41.28/135'5". HT: N. Lightfoot 43.34/142'2". JT: K. Stole 54.90/180'1". (Inter Girls) 100: K. Sykes 12.5. 200: 1, M. Probert 25.1; 2, E. Reyton 25.4; 3, H. Potter 26.2. 800: S. Parker 2:15.4. 1500: L. Lewtas 4:59.2. 80H: 1, S. Strong 11.7; 2, C. Riddell 12.3; 3, E. Meachin 12.3. HJ: 1, J. Thomas 1.65/5'5"; 2, C. Hesp 1.62/5'3½". DT: J. Watson 45.10/147'11". (Juniors) 100: G. McGee 13.1. 200: 1, B. Orford 26.1; 2, H. Simpson 26.6. 1500: J. Travis 4:55.6. 75H: H. Ealey 12.3. JT: P. Whelan 31.66/103'10".

DEVON

June 7th

DT: R. Wheway 45.40/148'11". HT: Green 42.76/140'3". (Inters) 400: Tullett 51.6. 100H: Pearce 14.6. HJ: Cartwright 1.87/6'1½". LJ: Finch 6.36/20'10½". SP: Way 13.59/44'7". DT: Hutchings 41.52/136'3". HT: Chapman 47.44/155'8". JT: 1, Simms 50.72/166'5"; 2, Collick 50.10/164'4". (Senior Girls) 1500: K. Rice 4:49.9. (Inters) 800: 1, A. Mason 2:15.9; 2, C. Venner 2:19.8. HJ: 1, J. Attrill 1.67/5'5½"; 2, K. Brimmicombe 1.55/5'1". LJ: Attrill 5.39/17'8½". (Juniors) 200: 1, J. Doyle

26.3; 2, Charnley 26.7. 1500: Lavercombe 4:56.3. 75H: A. Attrill 12.3. HJ: Pyper 1.53/5'0½". LJ: Selway 4.95/16'3". SP: Williams 10.71/35'1½". JT: D. Dilloway 29.86/97'11".

HAMPSHIRE

At Aldershot, June 14th

200: 1, I. Cooper 22.3; 2, N. Wilcocks 22.7. 400: C. Baxter 50.9. 5000: B. Dawkins 15:21.0. 110H: 1, K. Pascoe 15.6; 2, A. Moss 15.9. 400H: J. Longman 56.3. PV: Lambert 3.35/10'11½". LJ: S. Clarke 6.67/21'10½". SP: P. Lees 14.03/46'0½". 4x100: 1, Portsmouth 45.0; 2, IoW 45.0. (Inters) 100H: 1, G. Jeffrey 14.8; 2, Carron 14.8. HJ: P. Robson 1.77/5'9½". HT: R. Bacon 40.78/133'9". 4x100: SE Hants 45.7 (Senior Girls) 400: P. Howell 59.5. 1500: 1, C. Boxer 4:47.0; 2, J. Barrass 4:49.4. 100H: J. Langhurst 15.6. HJ: C. Arlow 1.56/5'1½". SP: J. Britton 11.48/37'8". (Inters) 200: K. Smallwood 25.5. 400: P. Lewis 60.7. 800: V. Whitfield 2:16.2. 1500: 1, M. Galloway 4:45.9; 2, J. Dawkins 4:53.0. HJ: J. Larby 1.63/5'4½". LJ: J. Thurbon 5.23/17'2". SP: C. Dyer 10.14/33'3½". 4x100: 1, SE Hants 51.2; 2, Aldershot 51.5; 3, Southampton 51.9; 4, Basingstoke 52.3. (Juniors) 200: 1, L. Reeve 26.4; 2, K. Sait 26.8; 3, A. Giddings 27.0; 4, J. Fields 27.0. 800: 1, S. Ludlam 2:16.2; 2, D. Lavous 2:26.1. 1500: 1, A. Edwards 4:49.0; 2, C. Sutton 5:00.3; 3, A. Beattie 5:00.5; 4, S. Curtis 5:01.1; 5, W. Purser 5:06.7; 6, C. Trott 5:08.8. 75H: 1, P. Turner 12.3; 2, S. Biggs 12.4. HJ: 1, J. Barrett 1.60/5'3"; 2, J. Robson 1.53/5'0½"; 3, S. Grady 1.47/4'9½". LJ: G. Talbot 5.15/16'10½". SP: 1, A. Powell 9.91/32'6½"; 2, D. Cooke 9.58/31'5½". DT: J. Curtis 34.70/113'10". 4x100: 1, Southampton 51.4; 2, Aldershot 52.9.

LEICESTERSHIRE (WALKING CHAMPIONSHIPS)

At Leicester, June 14th

(Inter Boys 2000m): 1, A. Worth (East) 9:26; 2, A. Blyth (East) 9:57; 3, Draycott (West) 10:33. (Juniors 2000m): 1, G. Proctor (West) 10:35; 2, D. Worth (East) 10:59; 3, Weldon (East) 11:02. (Junior Girls 2000m): 1, M. Hammond 11:19; 2, A. Burdett 12:10.



Bracknell AC—Winners of the WAAA Junior 4 x 800m Relay Championship. Left to right: Shireen Samy, Andrea Hester, Sue Hutton and Marina Samy.

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LANCASHIRE

At Blackburn, June 14th

100: D. Williams 11.2w. 110H: S. Field 15.5w. HJ: C. Dean 1.96/6'5". LJ: 1, A. Taylor 6.78/22'3"; 2, A. Brown 6.77/22'2½". SP: G. Walton 13.65/44'9½". (Inters) 100H: 1, G. Thorpe 13.6w; 2, J. Dimond 13.6w. HJ: J. Winton 1.80/5'10¼". SP: I. Gregson 14.09/46'2¼". (Juniors) PV: J. Parr 2.70/8'10¼". LJ: P. Sharples 6.02/19'9". (Senior Girls) SP: L. Fish 10.44/34'3". (Inters) 200: K. Palmer 25.5w. 400: V. Hodgson 60.2. HJ: 1, A. Wood 1.58/5'2¼"; 2, E. Slater 1.55/5'1". LJ: 1, K. Evans 5.64/18'6"; 2, S. Jubb 5.14/16'10¼". JT: P. Brindle 37.88/124'3". (Juniors) 100: 1, G. Southern 12.2w; 2, W. Wollmer 13.0w. 800: S. Barnet 2:24.2. 1500: J. Croasdale 5:01.0. 75H: K. Johnson 12.2.

LINCOLNSHIRE

At Spalding, June 14th

800: N. Field 1:55.2. (Inters) 100H: M. Aldous 14.4. JT: C. Hall 48.76/160'0". (Juniors) HJ: 1, R. Leadbetter 1.69/5'6¼"; 2, J. Fowler 1.69. SP: S. Frith 12.35/40'6¼". HT: R. Simpson 42.12/138'2". JT: M. Wells 48.50/159'1". (Inter Women) 100: 1, T. Chipp 12.5; 2, L. Fox 12.7. 200: 1, Bunn 26.1; 2, Fox 26.4. 400: J. Prictoe 60.4. 800: V. Weston 2:22.0. 80H: 1, Chipp 11.8; 2, Weston 12.4. HJ: G. Wells 1.54/5'0¼". DT: K. Kearney 29.24/95'11". JT: J. Walker 36.98/121'4". (Juniors) 1500: A. Walker 5:05.8. HJ: S. Holmes 1.47/4'9¼". DT: A. Proctor 26.72/87'8".

LONDON

At Crystal Palace, June 14th

100: R. Rhodes 11.1. 200: D. Thompson 22.5. PV: T. Morbin 3.50/11'5¼". JT: N. Nicola 53.38/175'1". (Inters) 100: D. Baptiste 10.9 (CBP). 200: 1, J. Tassell 22.4; 2, D. West 22.6 (J. McFarland 22.3 ht scr Final). 3000: D. Beaver 8:41.4 (CBP). 100H: 1, G. Oakes 13.8 (13.4 ht CBP); 2, D. Facey 14.4. HJ: 1, R. John 1.89/6'2¼"; 2, P. Waugh 1.83/6'0". (Senior Girls) 100: 1, W. Clarke 12.0 (=CBP); 2, H. Barnett 12.2. HJ: L. Haysman 1.70/5'7" (CBP). (Inters) 800: M. Cobden 2:18.9. HJ: J. Burdon 1.66/5'5¼". (Juniors) 800: D. Goode 2:16.7.

MIDDLESEX

At Hendon, June 13th/14th

1500: C. Sly (Houns) 3:58.4. 2000SC: G. Heap (Hill) 6:10.8. 110H: 1, P. Darrel (Hill) 15.2; 2, J. Collyer (Har) 15.3; 3, S. Adams (Enf) 15.8. HJ: 1, D. Harris (Barn) 1.94/6'4¼"; 2, M. Smith (Brent) 1.89/6'2¼"; 3, C. James (Brent) 1.89; 4, M. Naylor (Hill) 1.89. PV: C. Childs (Houns) 3.68/12'0¼". HT: 1, R. Tucker (Enf) 43.30/142'1"; 2, P. Czajkowski (Barn) 40.78/133'9". JT: A. Smith (Brent) 62.56/205'3". (Inters) 400: 1, P. Brugnani (Enf) 50.4; 2, S. Burke (Harr) 51.3; 3, G. Johnson (Brent) 51.3. 800: R. Rose (Hill) 1:58.4. 1500SC: J. O'Neil (Enf) 4:43.5. 100H: 1, N. Augustin (Har) 14.2; 2, N. Effiong (Houns) 14.2; 3, D. Tighe (Barn) 14.3; 4, C. Christophorou (Brent) 14.5; 5, F. Udeozor (Har) 14.7. HJ: C. Mitchell (Har) 1.93/6'4". LJ: 1, E. Atulomoh (Barn) 6.67/21'10¼"; 2, A. Udo (Barn) 6.39/20'11¼". JT: E. Smicle

(Brent) 13.42/44'03". SP: B. Milosevic (Enf) 14.23/46'84". JT: 1, A. Taylor (Har) 54.24/177'11"; 2, M. Bramford (Harr) 53.08/174'2"; 3, R. Templar (Eal) 52.08/170'10"; 4, V. Furmenger (Hill) 49.30/161'9". 4 x 100: 1, Enfield 45.5; 2, Haringey 45.6; 3, Brent 45.7. (**Juniors**) 80H: 1, J. Adams (Enf) 11.8; 2, G. Rowe (Hill) 11.9. PV: D. Brown (Houns) 2.95/9'8". TJ: 1, L. Crossfield (Eal) 12.50/41'04"; 2, H. Theochari (Enf) 12.22/40'13". (**Senior Girls**) HJ: 1, C. Mathers (Enf) 1.68/5'6"; 2, C. Barber (Hill) 1.68; 3, A. Cyrimis (Barn) 1.55/5'1". SP: E. Service (Brent) 12.31/40'44". (**Inters**) 100: 1, H. Hunte (Enf) 12.1; 2, A. Lyne (Houns) 12.5. 200: 1, C. Rutherford (Eal) 25.9; 2, J. Jacques (Brent) 26.2. 800: 1, J. Rout (Rich) 2:18.9; 2, J. Robson (Brent) 2:19.5. 80H: 1, J. Duffield (Enf) 11.9; 2, M. Prendergast (Brent) 12.4; 3, F. Sluman (Houns) 12.6. HJ: 1, M. Hassell (Hill) 1.55/5'1"; 2, A. Webber (Barn) 1.52/4'11 1/2". LJ: 1, C. Stone (Enf) 5.39/17'8 1/2"; 2, J. Chick (Brent) 5.25/17'2 1/2". SP: S. Bloss (Har) 9.65/31'8". DT: S. Tudor (Hill) 35.64/116'11". 4 x 100: 1, Enfield 49.6; 2, Hillingdon 50.6; 3, Hounslow 51.0; 4, Haringey 51.2; 5, Ealing 51.6. (**Juniors**) 200: 1, J. Gardner (Rich) 26.2; 2, 8. Omambala (Barn) 26.3; 3, L. Messon (Brent) 26.5; 4, A. Licorish (Brent) 26.8. 1500: 1, P. Baker (Har) 4:54.6; 2, L. Payne (Hill) 5:01.0. 75H: A. Stacey (Bel) 11.8. HJ: 1, Y. Baldeo (Brent) 1.63/5'4 1/2"; 2, V. Gibbs (Harr) 1.55/5'1"; 3, G. Eames (Enf) 1.53/5'0 1/2". LJ: 1, D. Wright (Brent) 5.21/17'1 1/2"; 2, M. Murray (Barn) 5.17/16'11 1/2"; 3, C. Graham (Barn) 5.16/16'11 1/2". SP: K. Lyne (Houns) 10.02/32'10 1/2". JT: 1, J. Seldon (Harr) 31.86/104'6"; 2, M. Jervis (Har) 29.28/96'1"; 3, D. Tidd (Brent) 28.12/92'3"; 4, B. Teer (Enf) 27.34/89'8". 4 x 100: 1, Brent 51.6; 2, Ealing 51.7; 3, Richmond 52.0.

STAFFORDSHIRE

At Wolverhampton, June 7th

400: C. Allen 51.1. 110H: 1, A. James 14.4; 2, I. Ratcliffe 14.7; 3, M. Holtom 15.4. 400H: James 57.4. PV: 1, K. Homer 3.90/12'9 1/2"; 2, M. Leonard 3.70/12'1 1/2"; 3, A. Baker 3.70. LJ: I. Ratcliffe 6.73/22'1". SP: S. Jasper 13.56/44'6". DT: 1, Jasper 40.88/134'1"; 2, J. Drzewiecki 39.60/129'11". JT: S. Morton 53.90/176'10". (**Inters**) 400: S. Booth 51.7. 100H: S. Brayford 14.6. 1500SC: P. Davies 4:31.8. HJ: C. Byrne 1.79/5'10 1/2". PV: J. Scott 3.40/11'1 1/2". HT: P. Garner 40.28/132'2". JT: H. Taylor 54.28/178'1". (**Juniors**) HJ: R. Gater 1.74/5'8 1/2". (**Senior Girls**) DT: J. Hindley 36.48/119'8". (**Inters**) 200: R. Trafford 26.3. 800H: H. Hill 2:16.9. 1500: A. Tunncliffe 4:49.6. 80H: C. Ormiston 12.4. HJ: 1, J. Kelly 1.67/5'5 1/2" (cleared 1.72/5'7 1/2", European Jnr Qualifying standard, on fourth attempt); 2, L. Doody 1.57/5'1 1/2"; 3, D. Ilderton 1.57. SP: J. Cox 11.48/37'8". DT: M. Hindley 32.10/105'4". JT: G. Grey 39.48/129'6". (**Juniors**) 800: E. Harris 2:22.4. 1500: 1, A. Pattinson 4:49.7; 2, Y. Edwards 5:00.4; 3, J. Bates 5:03.0. 75H: 1, J. Turner 11.7 (11.6 ht); 2, H. Brown 11.8. HJ: D. Bates 1.50/4'11". LJ: 1, H. Brown 5.14/16'10 1/2"; 2, J. Turner 4.98/16'4 1/2". SP: C. Peirson 10.18/33'4 1/2".

CITY OF HEREFORD
CARNIVAL '75

(Under AAA & WAAA Laws)

King George Playing Fields, Hereford
Saturday, 19th July, 1975, 2 pm

Men: 100m, 200m, 3000m 2-man Paarlauf, 5000m Team Race (4 run, 3 score), 4 x 200m Relay. **Youths:** 3000m Team Race (4 run, 3 score). **Boys:** 1500m Team Race (4 run, 3 score). **Women:** 100m, 200m, 800m, 4 x 100m Relay. **Junior Women:** 100m, 150m, 800m, 4 x 100m Relay.

Entry Fees: 20p per event, team events 20p per ind. entered. Requests, with s.a.e., for entry forms from and returnable to Mr D. Cousins, 4 Aylesbrook, Holmer, Hereford, Very good prizes throughout for all events.

ENTRIES CLOSE JULY 5th

BATH & PERCY A.C.

IRONART ROAD RACES

FOR YOUNG ATHLETES

SATURDAY, 19th JULY, 1975

Sponsored by Ironart Ltd, Bath

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

BOYS: U/17 3 Mile, U/14 2 Mile, U/12 1 Mile**GIRLS:** U/15 1 1/2 Mile

Teams of 4, 3 score. Ages on day of Race.

Start: 'Linden', Weston Road, Nr Victoria Pk.**Prizes:** Plaques for winners, medals for 2nd, 3rd and first 3 Teams. Certificates for first 50.**Fees** 20p per Individual (Teams free) with entry.**Entry** (no block entry) to S. Gretton, 328 Bloomfield Road, Bath. (833320).

ENTRIES CLOSE 14th JULY

HECKINGTON SHOW & SPORTS

SATURDAY, JULY 26th 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
1500m SCRATCH	£30	£15	£8	20p
Ladies 800m Scr.	£12	£8	£4	15p
LADIES 1500m SCR.	£15	£10	£5	15p
10M ROAD RACE	£10	£6	£4	Ind. 20p
4th, 5th, 6th.	£3	£2	£1	Teams 40p
Teams (6 run, 3 score)	3 at £3, 3 at £2, 3 at £1.			
First Vet. 0/40 on day £2.				

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

ENTRIES CLOSE SAT., JULY 12th

PASCOE & STEWART TRIUMPH IN HELSINKI

ALAN PASCOE became, in effect, the world's number one 400m hurdler right now when winning the event in 49.28 at the World Games in Helsinki on June 25th. Not only did he defeat John Aki-Bua (49.55) for the second time in a fortnight, but he also accounted for the top two Americans, Jim Bolding (49.63) and Ralph Mann (49.91). The latter had, the previous weekend, won the AAU title in 48.74 from Bolding (48.82) who had led at the last hurdle. As at the AAU, Bolding went out very fast in the Helsinki race and was some 4m clear at the final barrier, at which point his legs started to buckle. Pascoe came through in his usual determined fashion and won the race on the run-in as Mann hit the hurdle.

Later in the evening, Ian Stewart quickly re-established himself after his sluggish 1500m in Dresden three days earlier by winning a prestigious 5000m in 13:27.6, his fastest for three years. With a lap and a half to go the race developed into a three-way battle between Stewart, Australia's promising Bill Scott and Kenya's Paul Mose as the others, including Lasse Viren and Canada's Jerome Drayton, dropped back. Stewart slipped ahead just before the bell, allowed Mose to take over with 200 to run and drove past him 30m from the end. Place times were 13:27.8 for Mose, 13:31.2 for Scott and 13:34.6 for Viren. Brendan Foster opted for the 1500m next day and clocked the reasonably fast time of 3:40.3 though dissatisfied with his 7th place in a race won by John Walker (NZ) in 3:36.3 from colleague Rod Dixon (3:37.5). Stewart, Foster, Walker and Dixon—together with Emiel Puttemans (Bel) who won an exciting 10,000 in 28:03.6—were due to be clashing over 2000m in the Philips Golden International at Crystal Palace on July 4th (highlights of the meeting are being shown on ITV's World of Sport on July 5th).

"It was the best race of my life—just fabulous", enthused David Jenkins after his stunning victory in the American 400m championship at Eugene, Oregon, on June 21st. "I know now I'm number one in the world", he added. "I pulled away over the last 50 metres; that was really good". Jenkins, drawn in lane 7, held his form better than in any previous race and he was rewarded with a time of 44.93, breaking his own UK record of 45.18 and going close to Karl Honz's European mark of 44.70. He defeated an immensely strong field: Fred Newhouse 45.22, Stan Vinson 45.24, Robert Taylor 45.26, Maurice Peoples 45.26, Benny Brown 45.82, Maxie Parks 46.25 and William Hicks 46.80.

His was a new landmark in British 400m history. The first to break 50sec was Charles Wood in 1886; 49sec was first broken in 1889 by Lenox Tindall; 48sec by Eric Liddell in 1924; 47sec by Godfrey Brown in 1936; and 46sec by Adrian Metcalfe in 1961.

Jenkins was at first disqualified for allegedly stepping out of his lane on the first turn but was

reinstated as winner after the judges had consulted a videotape of the race. Fred Newhouse said: "It doesn't make any difference to me; after all he beat me to the tape".

Ron Hill, Britain's marathoning ambassador at large these days, recorded his fastest time (2:12:34.2) for five years—and moved to fourth place on this year's world list—when winning at Debno (Western Poland) on June 15th ahead of Legowski (Pol) 2:13:26.0, Schroder (GDR) 2:13:58.2 and Arnhold (GDR) 2:14:11.6. Less than four weeks earlier he had won in Ankara, the Turkish capital, in 2:21:35.6, followed home by Max Coleby (2:22:00.2) and Orzel (Pol) 2:22:07.4. Hill ran 2:13:28 for fifth place in the Boston Marathon on April 21st.

Highest placed British athlete in the Comrades Marathon from Durban to Pietermaritzburg was Ron Bentley, 34th in 6hr 39min. Derek Preiss (SA) was the winner in 5hr 53min and there were 1352 starters for the 56 mile race.

BIRMINGHAM UNIVERSITY (PAST & PRESENT) v HARVARD & YALE

At Edgbaston, June 15th

200: 1, J. Aukett (B) 22.5; 2, T. Hooks (HY) 22.5. **400:** 1, Aukett 47.6; 2, D. Price (B) 49.1; 3, S. Butler (HY) 49.3; 4, B. Papermaster (HY) 49.6; 5, J. Peters (HY) 49.9. **800:** 1, P. Lewis (B) 1:51.5; 2, T. Ashenfelter (HY) 1:52.6; 3, W. Okerman (HY) 1:55.0. **1500:** 1, R. Smedley (B) 3:51.1; 2, J. Campbell (HY) 3:52.6; 3, I. Gilmour (B) 3:52.8; 4, J. Eley (B) 3:54.9. **5000:** 1, D. Wright (B) 14:27.0; 2, M. Longthorn (B) 14:42.0. **100H:** 1, B. Price (B) 14.5; 2, H. Davis (HY) 14.6; 3, S. Butler (HY) 15.6. **400H:** 1, G. Schmidt (HY) 53.6; 2, S. Butler (HY) 53.6; 3, J. Glover (NI-gst) 55.3; 4, S. Trevellick (B) 57.8. **Invitation 3000SC:** 1, A. Holden (B) 8:56.8; 2, J. Wheway (Gst) 9:01.4; 3, P. Griffiths (B) 9:19.2; 4, P. Sanderson (B) 9:44.0. **HJ:** 1, M. Embree (HY) 2.08/6'10"; 2, C. Boreham (B) 2.03/6'8"; 3, J. McCulloh (HY) 2.03. **PV:** 1, B. Heckel (HY) 4.75/15'7"; 2, G. Trymal (B) 3.80/12'5½"; 3, P. Ost (B) 3.49/11'5½". **LJ:** V. Vanderpool-Wallace (HY) 7.18/23'6½". **TJ:** 1, Vanderpool-Wallace 15.06/49'5"; 2, A. Kayali (HY) 14.41/47'3½"; 3, R. Sibley (B) 13.61/44'8". **SP:** 1, D. Jiggerts (HY) 15.41/50'6½"; 2, K. McCafferty (HY) 15.21/49'11"; 3, M. Lockley (B) 13.23/43'5". **DT:** 1, R. Gilbane (HY) 44.38/145'7"; 2, S. Niemi (HY) 44.00/144'4"; 3, Jiggerts 42.36/139'0"; 4, McCafferty 40.98/134'5"; 5, Lockley 40.46/132'9". **HT:** 1, H. Payne (B) 62.12/203'10"; 2, P. Aston (B) 59.74/196'0"; 3, Jiggerts 55.54/182'3"; 4, S. Niemi (HY) 54.58/179'1"; 5, M. Emens (B) 48.74/159'11"; 6, C. Preston (B) 44.68/146'7". **4x100:** 1, Yale-Harvard 42.2; 2, Birmingham 44.0; 3, Birmingham 'B' 44.2. **4x400:** 1, Birmingham 3:16.4; 2, Harvard-Yale 3:18.9. **Points:** Harvard-Yale 98; Birmingham 91.

WALKING

ANOTHER FRENCH TRIUMPH FOR JOSY SIMON

JOSY SIMON of Luxemborg beat the heat and the opposition to win his third Strasbourg-Paris on June 12th/15th. With longer stops at the three set points and the Saverne climb to be tackled instead of the gruelling Donon, it was hoped that the race would be more 'human' this year. However, the heat made things very tough, so much so that only the winner completed the full distance (507km) while the remaining finishers were classified at checkpoints en route.

The former French marathon champion, Jean Lavaine, led for a considerable period during the first 24 hours with Roger Quemener also forcing the pace. However, these early leaders paid for their forcing tactics, both retiring within the first 24 hours. Rincharde then took over and for the next 100km looked as though he would repeat his memorable victories of 1973 and 1974 but by the second compulsory stop at Vitry-le-Francois (291km) he was in trouble with tendonitis and his half hour margin over the ever-dangerous Simon looked fragile. So it proved with the Luxembourg, only 15 minutes down at Chalons (320km), taking over soon after and building a two hour margin by Epemay (361km) with Rincharde now in dire straits. He courageously continued to be classified 9th and last, to be stopped at the Chateau Thierry (415km) checkpoint.

Simon, now untroubled, continued on in glorious isolation for his third victory in the event, his record now being 2nd, 1st, 1st, 2nd, 1st since the race restarted in 1970. Experience and know-how also proved invaluable for that consistent veteran Belgian duo, Emil Alomaine and Robert Schoukens, who took 2nd and 3rd after both had shown fine early season form in the qualifying 200km events. Jean Plique had a fine effort (he was last classified in 1958!); also a brave showing on his debut from the Swiss, Zanchi. With a personal interest involved, I must state it is a great pity that intending competitors from this country cannot hope to race on equal terms with the likes of Simon or Rincharde unless a sponsor is obtained due to high costs of travelling, accommodation, attendants, etc. Result: 1, J. Simon (Lux) 507km—66:50:18; 2, E. Alomaine (Bel) 486km; 3, R. Schoukens (Bel) 474km; 4, M. Champmartin (Fra) 466; 5, J. Plique (Fra) 466; 6, R. Brallet (Fra) 466; 7, F. Ledoux (Bel) 415; 8, G. Zanchi (Swi) 415; 9, R. Rincharde (Bel) 415.

East Germans dominate four-sided international at Boras, June 7th/8th. With France and Sweden being two of our strongest opponents in the eliminator of the Lugano Cup in September it is of particular interest to note their lowly placings in this high class match. The three crack East Germans were too fast for Vittorio Visini and Gerard Lelievre who, in turn, were superior to the rest of the field. The 50km was not of such a high standard with Mathias Kroel, the sole survivor of the former all-powerful East German quartet, winning from a surprising Greccucci.

That outstanding performer, Olaf Pilarski, was a clear winner from Sweden's new find, Bengt Simonsson, with the rest of the East Germans packed in behind Italy's Danilano, who surprised all with an excellent placing. **(20km)** 1, H-G. Reimann (GDR) 87:27; 2, K-H. Stadtmuller (GDR) 87:28; 3, P. Frenkel (GDR) 89:09; 4, V. Visini (Ita) 91:05; 5, G. Lelievre (Fra) 91:33; 6, H. Gauder (GDR) 94:00. **(50km)** 1, M. Kroel (GDR) 4:16:25; 2, G. Greccucci (Ita) 4:19:09; 3, S. Muller (GDR) 4:23:21; 4, D. Carpentieri (Ita) 4:25:06; 5, R. Ammon (GDR) 4:27:05; 6, D. David (Fra) 4:29:08. **(Junior 10km):** 1, O. Pilarski (GDR) 43:17; 2, B. Simonsson (Swe) 44:42; 3, Danilano (Ita) 45:08; 4, Bank (GDR) 45:17; 5, Konning (GDR) 45:26; 6, Kepouchov (GDR) 45:41. **Teams (Senior Men):** 1, GDR 65; 2, Italy 55; 3, Sweden 25; 4, France 22. **(Juniors):** 1, GDR 30; 2, Sweden 24; 3, Italy 19; 4, France 6.

Bob Dobson wins inaugural Southern 50km championship at Basildon on June 21st as torrid conditions decimate field. Clocking his slowest time for the distance, National champion Bob Dobson certainly experienced a changed race from the previous Saturday when he blitzed home to win the National 20 Miles. The heat, plus a tiring wind, cut the field from 38 to 18 by the finish. The old warhorse, Ray Middleton, gutted his way through to a good second while Ted Ardley used sound pace judgement to finish more strongly than anybody for third. Notable amongst the retirements were Ron Wallwork, Steve Gower, Geoff Hunwicks and Bernard Imber. Yet again South-end took the Essex county team title with George Woods, well into his sixties, yet again sticking it out as better known names crumbled to finish in 6:46. Essex certainly has an abundance of talent but no walker is more admired by the top speedsters themselves than 'Mr' Woods. 1, R. Dobson (S'end) 4:42:22; 2, R. Middleton (Bel) 4:50:45; 3, A. Ardley (Ton) 4:53:18; 4, P. Selby (Sy) 5:03:55; 5, D. Boxall (B&H) 5:08:23; 6, M. Oliver (Enf) 5:20:40; 7, L. Ruddock (Ilf) 5:20:43. **Essex Champs:** 1, Dobson; 2, Ruddock; 3, D. Ainsworth (Ilf).

Bernd Kannenberg clocks swift track 10km in the West Germany v Poland v Finland match at Helsinki, June 8th. 1, B. Kannenberg (WG) 42:29; 2, J. Ornoch (Pol) 43:07; 3, P. Pohjolainen (Fin) 43:33.

Ontario 50km Champs at Downsview, April 13th. 1, P. Farrelly 4:28:50; 2, A. Oakley (Vet) 4:34:17; 3, R. Olszewski 4:48:06. **20km, Toronto, April 5th.** 1, A. Oakley (Vet) 1:41:28; 2, N. Conway 1:41:47; 3, P. Farrelly 1:43:23. **Indoor 1500m, Toronto, March 29th.** 1, R. Olszewski 6:21:7; 2, K. Mersch 6:43:6. **10km at Fort de France, Martinique, April 5th.** M. Jobin (Can) 47:30. **Colin beats Kannenberg over 10km at Aquacalientes, Mexico, March 29th.** 1, D. Colin (Mex) 45:00; 2, B. Kannenberg (WG) 45:48; 3, A. Flores (Mex) 45:51; 4, P. Aroche (Mex) 46:02; 5, J. Ornoch (Pol) 46:58. **USA National 75km Track**

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Champs at West Long Branch, NJ, April 20th; 1, S. Ladany (Israel) 7:22:20; 2, D. O'Connor 7:39:50; 3, W. Walker 7:48:00.

USA sort out their Pan-Am and Lugano Cup selection problems. With the Olympic Committee deciding that the Pan-Am Games have priority over the Lugano Cup, the first two men home in the 20km Trial to be held at Bakersfield (August 15th/16th) will compete at Mexico City, the following foursome competing at Rouen. The Lugano Cup 50km squad will be chosen at the National Championship in New York on September 21st. It is a pity that the Pan-Am and Lugano Cup competitions clash because it means that Mexico, and very likely Canada, will be absentees from the virtual World Team Championship and that the USA will have a weakened squad.

Colin Young

Southern RWA Track Team Champs Qualifying Round (South of Thames), Battersea Park, May 31st. Brighton & Hove AC began the defence of their title the way they left off when winning last summer by convincingly heading the qualifiers in the South of the Thames section. Alan Buchanan won the 5000m on the dusty Battersea track in a personal best 22:29 after taking the lead from Carl Lawton just before the 3km point, passed in 13:22. The 10,000m saw a close battle up to halfway before Denis Holly pulled away to a clear victory over two young newcomers in the past year, Bernard Imber and Mike Lewin. Dave Stevens led all the way in the 3000m with a tense four man battle behind him being won by 20-year-old Derek Johnson. Domenic O'Shea caused the surprise of the meeting with over a minute off his previous best time and

leading for three laps before Steyning's Tim Martin pulled ahead in the 2km for under 16's. **10,000:** 1, D. Holly (B&H) 48:09; 2, M. Lewin (Bel) 49:06; 3, B. Imber (Sy) 49:28; 4, R. Middleton (Bel) 49:45; 5, R. Parkins (Med) 50:45; 6, R. Penfold (Stey) 51:49; 7, R. Tanner (Bel-J) 52:02; 8, S. Holliday 52:36; 9, N. Simmons (Sy) 52:36; 10, I. Statter (Sy) 52:42. **5000:** 1, A. Buchanan (B&H) 22:29; 2, C. Lawton (Bel) 23:15; 3, G. Morris (Stey-J) 24:24; 4, D. Boxall (B&H) 24:32; 5, M. Yates (Bel) 25:02; 6, P. Crane (Sy) 25:17. **3000:** 1, D. Stevens (Stey) 13:26; 2, D. Johnson (B&H) 13:38; 3, J. Hall (Bel) 13:41; 4, R. Michel (Sy) 13:49; 5, L. Dick (Bel) 13:52. **(U/16 2000m):** 1, T. Martin (Stey) 10:05; 2, D. O'Shea (B&H) 10:18; 3, S. Marshall (Sy) 10:21; 4, D. Buchanan (B&H) 10:29; 5, G. Vale (Sy) 10:32; 6, K. Morris (Stey) 10:59. **Result:** 1, Brighton & Hove 90; 2, Surrey 76; 3, Belgrave 74; 4, Steyning 70; 5, London Vids 40; 6, Medway 32; 7, Cambridge H 6.

Alan Buchanan

SOUTHERN contd. from page 15

(BRC) 55.06/180'8"; 6, R. Slaney (Craw) 50.32/165'1".

HT: 1, P. Dickenson (Hill) 67.78/222'4"; 2, J. Whitehead (B'field) 63.62/208'9"; 3, C. Melliush (Camb H) 60.12/197'3"; 4, P. Aston (W Gn) 58.18/190'10"; 5, E. Berry (Yeo) 57.60/189'0"; 6, M. Petra (Met P) 56.50/185'4".

JT: 1, D. Travis (Sy) 75.72/248'5"; 2, B. Roberts (H&S) 70.08/229'11"; 3, D. Ottley (Thurr) 69.30/227'4"; 4, D. Heath (W Gn) 67.82/222'6"; 5, R. Silvester (H&S) 67.06/220'0"; 6, J. Mottram (C&C) 65.86/216'1".

SALFORD FESTIVAL OF SPORT 5 MILE ROAD RACE

(Under A.A.A. Laws)

SATURDAY, JULY 12th at 3 p.m.

From De La Salle School, Weate Lane, Salford 6 Full prize list, including Vets O/40 and O/50, to the value of £60.

Entries: 25p Individual, 50p Team (4 score), to Godfrey Claff, 71 Simister Lane, Prestwich, Manchester M25 5RY. (061-773 9144).

Entries close Monday, July 7th

A SALFORD HARRIERS PROMOTION

BRACKNELL ATHLETIC CLUB

16th Annual

5 MILES OPEN ROAD RACE

(Under A.A.A. Laws)

SATURDAY, AUGUST 2nd, at 3 p.m.

from Sports Centre, Bagshot Road, Bracknell
Prizes: first 3 Inds., first 3 Teams, first 'B' Team (4 to run, 3 to score), first 2 Vets.

Entries: 20p per ind. to D. Fearn, 23 Bowenhurst Road, Church Crookham, Aldershot, Hants. S.A.E. for acknowledgement S.A.E. for results.

ENTRIES CLOSE SAT., JULY 26th

SWANAGE REGATTA & CARNIVAL

Second Annual

12 MILE ROAD RACE

(Under A.A.A. Laws)

SATURDAY, AUGUST 9th, 2.30 pm

For the "Russell Parsons" Rose Bowl

Prizes: 1st to 5th, Team Challenge Shield, Veteran Prize.

Entry Fee: 25p per runner; 25p per Team.

Entry with fee to Mr M. J. Brown, 45 Station Road, Swanage, Dorset by August 5th.

11th GLOUCESTER CARNIVAL

7 MILES ROAD RACE

(Under A.A.A. Laws)

WEDNESDAY, JULY 30th

Start 7.45 p.m., Gloucester Park

Prizes valued £5, £3, £2, £1, £1, £1. First Vet £2, £1. First Vet (0/50) £1. Team awards (6 run, 3 score) first 3 Teams.

Entry Fees: Ind. 20p (all enter as Ind.) Team 50p. **Entries to Robert Cytla, 28 Larchwood Drive, Gloucester, by Saturday, July 26th.** No late entries accepted. Course record 32m 10s, R. Cytla (Glos A.C.) 1974.

World Records Smashed

RECENT weeks have seen several world records set in Europe. Aided by a legal 1.7m/sec wind, Silvio Leonard (19) of Cuba sped to a record-tying 9.9 100m at Ostrava on June 5th; Anders Garderud of Sweden smashed Ben Jipcho's steeplechase figures with 8:10.4 in Oslo on June 25th—one day after Grete Andersen (Norway) had established a 3000m record of 8:46.6 on the same track. Karl-Heinz Stadtmüller (GDR) accounted for two of Paul Nihill's world bests when he walked 3000m in 11:29.6 and 5000m in 19:26.2 in Paris on June 22nd. Oddly enough, a world indoor best tumbled in mid-summer as Alice Annum (Ghana) was credited with an extraordinary 6.9 for 60m at Mainz on June 17th. Władysław Kozakiewicz (Poland) became Europe's new pole vault record holder with 5.60/18'4½" in Warsaw on June 20th.

European highlights in brief (more detailed results next week):

(AUSTRIA) 24.5. Innsbruck. Women's 400: Kafer 51.7. (BULGARIA) 31.5/1.6. Sofia. HT: Riehm (WG) 78.34/257'0". Huning (WG) 75.78/248'7"; women's DT: Vergova 64.88/212'10". (CZECHOSLOVAKIA) 5.6. Ostrava. 100: Leonard (Cu) 9.9; 200: Leonard 20.1, Borzov (USSR) 20.7; 110H: Casanas (Cu) 13.3; women's 100: Stecher (GDR) 11.0; 200: Szewinska (Pol) 22.4, Stecher 22.4; SP: Fibingerova 21.43/70'3¾"; 7.6. Bratislava. LJ: Podluzhnyi (USSR) 8.12/26'7¾"; women's HJ: Ackermann (GDR) 1.91/6'3¾"; LJ: Alfeyova (USSR) 6.63/21'9". (FINLAND) 6/7.6. Helsinki. 10,000: Uhlemann (WG) 28:11.6; 3000SC: Kantanen 8:18.0, Malinowski (Pol) 8:18.6; women's 400: Wilden (WG) 51.78, Salin 52.10. 20.6. Kuortane. TJ: Saneyev (USSR) 17.15/56'3¾". 25.6. Helsinki. 100: Borzov (USSR) 10.27; 800: Susanj (Yug) 1:46.0, Wohlhuter (US) 1:46.5; 5000: I STEWART 13:27.6, Mose (Ken) 13:27.8, Scott (Aus) 13:31.2; 400H: PASCOE 49.28, Akii-Bua (Uga) 49.55, Bolding (US) 49.63, Mann (US) 49.91, HARTLEY 51.46; DT: Schmidt (GDR) 65.56/215'1", Kahma 64.60/211'11", Powell (US) 64.44/211'5"; women's 400: Szewinska (Pol) 51.07, Salin 52.08. 26.6. Helsinki. 1500: Walker (NZ) 3:36.3, Dixon (NZ) 3:37.5, Liquori (US) 3:38.0 . . . 7. FOSTER 3:40.3; 10,000: Puttemans (Bel) 28:03.6, Paivarinta 28:04.6, Hermens (Neth) 28:04.8; 3000SC: Malinowski (Pol) 8:13.8; JT: Hovinen 88.32/289'9".

(FRANCE) 4.6. St Maur. PV: Buciariski (Pol) 5.50/18'0¼". 12.6. Paris. LJ: Cybulski (Pol) 8.24/27'0¼". 22.6. Paris. 3000/5000W: Stadtmüller (GDR) 11:29.6/19:26.2; women's DT: Melnik (USSR) 66.54/218'4". (GDR) 11.6. Berlin. 100: (-2.2m) Ray 10.43, Leonard (Cu) 10.44; women's 100: (-2.3m) Stecher 11.39, Richter (WG) 11.52; 400: Streidt 51.89; 800: Hoffmeister 2:00.9. 12.6. Potsdam. 3000SC: Baumgartl 8:23.8; HT: Sachse 75.40/247'4"; women's 100H: Rabsztyń (Pol) 12.84; DT: Hinzmann 65.72/215'7". (ITALY) 2.6. Rieti. 300: Mennea 32.28; 800: Susanj (Yug) 1:46.0, Bayi (Tan) 1:46.2. 14/15.6. Milan. 100/200: Mennea 10.1/20.3. (NETHERLANDS) 4.6. Papendal. 5000:

TICKETS FOR NICE

Our reference to stadium grandstand tickets for the European Cup Finals (Men and Women) last week could have been misinterpreted—the £6.12 was for one day. There are, of course, two days so to cover the cost would be £12.24—these are some of the best seats in the stadium—for anyone not on the 'AW' Tours.

Puttemans (Bel) 13:18.6, Hermens 13:22.4. (NORWAY) 24.6. Oslo. Women's 3000: Andersen 8:46.6. 25.6. Oslo. 3000SC: Garderud (Swe) 8:10.4. (POLAND) 28.5. Warsaw. SP: Komar 20.00/65'7¾". 12.6. Warsaw. TJ: Joachimowski 17.04/55'11"w, Biskupski 16.92/55'6¼"; women's 100H: Rabsztyń 12.6. 20.6. Warsaw. 400: Chepkwony (Ken) 45.3; 1500: Gysin (Swi) 3:38.8; 110H: Casanas (Cu) 13.2, M. Wodzyński 13.5; PV: Kozakiewicz 5.60/18'4½"; LJ: Cybulski 8.27/27'1¾"; women's 200: Szewinska 22.6; 800: Saunders (Can) 2:01.0. (PORTUGAL) 14.6. Lisbon. 400H: Nüsse (Neth) 49.8. (SWEDEN) 4.6. Södertälje. JT: Siitonen (Fin) 88.40/290'0". 10.6. Stockholm. 3000SC: Garderud 8:15.4, Malinowski (Pol) 8:15.4. (SWITZERLAND) 7.6. Winterthur. Women's LJ: Lusti 6.82/22'4¾"w (legal 6.65/21'10"). (USSR) 7/8.6. Tallinn. Dec: Avilov 8229, Litvinenko 8152; women's Pent: Tkachenko 4695, Popovskaya 4553. (W GERMANY) 31.5. Weinheim. Women's 100: Richter 11.1. 14.6. Dortmund. Women's 100: Helten 11.1. 14/15.6. Stuttgart. Women's 100/200: Gang 11.0w/22.8w. 17.6. Mainz. Indoor women's 60m: Annum (Gha) 6.9. 18.6. Stuttgart. 300: Honz 32.6; women's 100: Szewinska (Pol) 11.1; SP: Khristova (Bul) 20.59/67'6¼". 21.6. Braunschweig. HT: Schmidt 75.50/247'8". (YUGOSLAVIA) 1.6. Zagreb. 800: Susanj 1:45.9; women's 100: Pavlicic 11.1.

PASCOE'S FASTEST YET—

MILE RECORD FOR CLEMENT

Alan Pascoe confirmed his status as world's number one 400 hurdler by scoring another brilliant victory, in Stockholm on June 30th. His strong finish carried him past Jim Bolding (US) on the run-in to win by 2/100sec in 48.59—a personal best. John Akii-Bua (Uga) was 3rd in 49.1.

Five National records, including Peter Stewart's UK mark of 3:55.3, fell in the mile. John Walker (NZ) won in 3:52.2, ahead of Marty Liquori (US) 3:53.4, Rod Dixon (NZ) 3:53.6, Thomas Wessinghage (WG) 3:54.1, Anders Garderud (Swe) 3:54.5, Tom Hansen (Den) 3:54.8, Frank Clement (3:55.0)—who is on his honeymoon—and Steve Ovett (personal best of 3:57.0). Geoff Capes (20.26/66'5¾") was second to Terry Albritton (US) 20.28/66'6¼" in the shot.

ARTHUR KENDALL

We are pleased to report that Arthur Kendall has left hospital after his prostate gland operation and has resumed his SCAA duties.

BRITISH LEAGUE

(Division 4)

At Solihull, June 14th

Coventry Godiva 244½; Met Police 243; Liverpool H 214; Croydon 196; Essex Beagles 194½; Brighton & Hove 165.

100: 1, T. Bonsor (Cov) 10.9; 2, T. Collins (Ex) 10.9; 3, L. Wiltshire (Met P) 11.1. 200: Collins 22.1. 400: C. Jacks (Cov) 49.7. 800: 1, E. Coffey (Ex) 1:54.0; 2, M. Bissell (Cov) 1:54.1; 3, C. Carter (B&H) 1:54.2; 4, J. Jeffrey (Met P) 1:54.4; 5, R. Symington (Liv H) 1:54.6. 1500: 1, J. Cadman (Cov) 3:53.1; 2, F. Davies (Liv H) 3:56.8. (B): S. Carter (Cov) 3:57.5. 5000: 1, D. Moorcroft (Cov) 14:20.2; 2, P. Standing (B&H) 14:22.0; 3, M. Turner (Liv H) 14:45.2. (B): R. Harrison (Liv H) 14:45.2. 3000SC: 1, P. Waddington (Liv H) 9:15.0; 2, C. Stebbings (Croy) 9:20.6; 3, K. Hutchin (Met P) 9:25.0; 4, D. Driver (Cov) 9:31.8. (B): 1, J. Woods (Liv H) 9:25.2; 2, I. Jones (Cov) 9:33.4. 110H: 1, A. Wells (Cov) 15.5; 2, N. Gerrard (Met P) 15.5. 400H: 1, Wells 55.4; 2, G. Phillips (Liv H) 56.9; 3, A. King (Croy) 57.1. (B): I. Jones (Cov) 57.5.

HJ: 1, S. Faulkner (Met P) 1.90/6'2½"; 2, D. Walters (B&H) 1.90; 3, S. Parsons (Croy) 1.90. PV: 1, S. Clark (Croy) 4.20/13'9¼"; 2, T. Brooking (Ex) 3.81/12'6". (B): K. Stock (Croy) 4.00/13'1½". LJ: 1, T. Wells (Ex) 7.20/23'7½" (Div 4 rec); 2, G. Byham (Met P) 6.95/22'9¼"; 3, S. Wright (Liv H) 6.94/22'9¼"; 4, D. Walters (B&H) 6.69/21'11½". (B): B. Camp (Liv H) 6.69. TJ: 1, A. Vincent (Cov) 14.48/47'6¼"; 2, F. Rush (Met P) 14.25/46'9"; 3, Camp 14.16/46'5½"; 4, Walters 13.92/45'8"; 5, R. Sibley (Croy) 13.73/45'0½". (B): D. Langley (Cov) 13.98/45'10½". SP: 1, M. Winch (B&H) 17.29/56'8½" (Div 4 rec); 2, N. Parry (Liv H) 14.35/47'1"; 3, B. Lynn (Met P) 14.06/46'1½". (B): 1, T. Canham (Met P) 13.96/45'9¾"; 2, M. Holmes (Liv H) 13.57/44'6¼". DT: 1, Winch 55.20/181'1" (Div 4 rec); 2, P. Gordon (Met P) 48.24/158'3". (B): B. Lynn (Met P) 45.40/148'11". HT: 1, Gordon 58.88/193'2"; 2, J. Newett (Liv H) 46.74/153'4"; 3, Winch 42.62/139'10"; 4, C. King (Croy) 42.50/139'5". (B): 1, M. Petra (Met P) 55.62/182'6"; 2, M. Holmes (Liv H) 44.30/145'4". 4x100: 1, Met Police 43.8; 2, Coventry 43.8; 3, Essex 43.9; 4, Croydon 44.2; 5, Liverpool H 44.2. 4x400: 1, Croydon 3:22.7; 2, Coventry 3:24.4; 3, Liverpool H 3:26.2; 4, Met Police 3:27.1.

DORSET AAA/WAAA CHAMPS

At Weymouth, May 17th

(Senior Women): HJ: C. Mullins (Wey) 1.65/5'5". DT: L. Smith (BAC) 38.58/126'7". JT: S. Brace (BSG) 35.36/116'0". (Inters) 100: J. Hough (BAC) 12.5. 800: C. Goodman (BAC) 2:20.2.

DEVON AAA CHAMPS

June 15th

110H/400H: C. Breen 14.9/55.2. SP/HT: E. Kelland (RN) 15.26/50'0¼" & 50.26/164'11". DT: 1, Kelland 46.38/152'2"; 2, P. Ribbens 42.60/139'9". (Youths) HJ: L. Cartwright (Exet) 1.83/6'0".

NORTHERN LEAGUE

(Division 1)

At Gateshead, June 15th

Leeds 275; North Shields Poly 223; Longwood 202; Hull Spartan 194; Rowntrees 184; Blackburn 183.

100: 1, D. Artley (Hull S) 10.8; 2, C. Lodge (Rown) 11.0. 200: 1, Artley 22.0; 2, G. Wood (NSP) 22.2. 1500: W. Wilkinson (Rown) 3:53.5. 5000: 1, J. Calvert (B'burn) 14:37.6; 2, B. Hilton (Leeds) 14:44.8. 3000SC: 1, M. Dell (Leeds) 9:24.0; 2, B. Harbisher (Long) 9:30.2. 110H: 1, D. Warburton (Leeds) 15.5; 2, A. Shaw (Long) 16.0; 3, J. Dollan (NSP) 16.0. 400H: 1, G. Wood (NSP) 54.7; 2, R. Crosby (Rown) 57.1. HJ: 1, A. Bell (NSP) 1.90/6'2½"; 2, M. Maynard (Long) 1.85/6'0¼". PV: 1, R. Murphy (Leeds) 3.64/11'1½"; 2, C. Bainbridge (NSP) 3.49/11'5½". TJ: 1, G. Riley (B'burn) 13.92/45'8"; 2, A. Bell (NSP) 13.78/45'2½". SP: 1, I. Lindley (Leeds) 14.92/48'11½"; 2, D. Sorrell (B'burn) 13.97/45'10"; 3, I. Chipchase (NSP) 13.05/42'9¼". (B): A. Gummerson (Leeds) 13.90/45'7½". DT: 1, Gummerson 45.40/148'11"; 2, Sorrell 42.54/139'7"; 3, Chipchase 40.56/133'1". HT: 1, Chipchase 61.48/201'8"; 2, M. Adamson (Hull S) 41.64/136'7". (B): S. Watson 41.36/135'8". JT: D. Sorrell (B'burn) 60.34/197'11". 4x100: 1, Leeds 44.0; 2, Rowntrees 44.1. 4x400: Hull Spartan 3:27.7.

SOUTHERN LEAGUE

(Division 1)

At Wimbledon, June 21st

Portsmouth 123; Aldershot, Farnham & Dist 120; Highgate 109; SLH 103; Worthing & Dist 81.

200: 1, D. Laing (SLH) 22.2; 2, W. Laryea (High) 22.6. 400: Laing 49.7. 1500: D. Curwell (AF&D) 3:58.0. 3000SC: 1, J. Rix (SLH) 9:22.8; 2, S. Galloway (Port) 9:30.0; 3, M. Barton (AF&D) 9:31.2. 110H: C. Jousiffe (High) 15.7. 400H: 1, Jousiffe 56.9; 2, E. Grey (SLH) 57.5; 3, P. West (Port) 57.5. TJ: J. Erviti (AF&D) 13.74/45'1". SP: 1, C. Youngs (W&DH) 13.54/44'5½"; 2, R. Baldwin (AF&D) 13.02/42'8½". DT: 1, Baldwin 41.24/135'4"; 2, T. Hallard (W&DH) 40.68/133'5". HT: 1, R. Nicol (AF&D) 42.06/138'0"; 2, J. Thomson (W&DH) 41.10/134'10". 4x400: Highgate 3:27.1.

(Division 2)

At Walton, May 31st

Walton 131; North London 127; Tonbridge 96; London AC 95; Newham 80.

100: 1, Garland (Walt) 10.9; 2, Williams (NL) 11.0; 3, Rosser (Lon) 11.0. 400: Rosser 50.1. 3000SC: A. Sharp (Ton) 9:36.2. 400H: P. Zeniou (NL) 57.1. PV: S. Tufton (New) 3.99/13'1". LJ: J. Gangadeen (Lon) 7.05/23'1½". TJ: 1, J. Mackin (Lon) 13.98/45'10½"; 2, Lees (Ton) 13.76/45'1½". JT: 1, E. Devido (NL) 60.54/198'7"; 2, Palmer (Walt) 59.60/195'6"; 3, P. Zeniou 57.68/189'3".

A gold wristlet watch was found on the ground after the Southern League match at Bournemouth on June 21st. The owner should apply to C. G. Paulding, Hon Gen Secretary of Bournemouth AC, 550 Holdenhurst Road, Bournemouth, giving particulars of the watch.

PERIODISATION Cont. from page 6

training is reduced, competitions eliminated and General and Special training increased. The value of general training should be noted here, as it serves an important role in active recovery from the emotional and physical stresses of competition.

If the athlete has **not** been brought to peak performance in the previous 6-8 weeks, the athlete may require a longer period of time to do so, and this Phase IV may be omitted (Harre), and the training ratio remain unchanged. If the athlete *has* achieved peak performance, Phase IV aids recovery, protects from injury, and prepares him for Phase V. The latter is most important in a major season (eg Olympics) as this phase will be seen as a special preparation period.

PHASE V—COMPETITION PERIOD

Again, by evolving an optimal blend of competitions and competition specific training, further improvement in performance can be expected within 3-4 weeks. Ideally, the major event of the athletic calendar will fall within this phase (Olympic Games, National Championships etc).

PHASE VI—TRANSITION PERIOD

If the season has been 'low key', little wear and tear on the organism might be expected, and, following a medical and physiotherapy check-up, the athlete will go straight into his Preparation Period after Phase V. The change in training profile would be seen in the rapid increase in extent of training, and drop in intensity.

If, on the other hand, the season has been 'high key' the next Preparation Period must be preceded by 3-6 weeks of active recovery. Should the athlete commence the Preparation Period without a full recovery from the previous competition season, the effect of future loading will be extremely limited; adaptation problems would quickly arise; a risk of injury would occur; and the disappointment of poor progress in training would have effects reaching into the next competition period.

The Transition Period sees the gentle reduction of all loadings, with general training assuming the leading role in the training ratio. While technical schooling may be introduced, the emphasis should be on physical and emotional relaxation involving leisure pursuits. On no account should this period be passive.

Finally, a quote from Harre: 'Naturally, the athlete must maintain a way of life in keeping with athletic standards.' (!).

So much for the general periodisation. Next week, we shall look at particular examples of how this pattern, and modifications of it, can be used.

The new Harriers (men's) secretary for Coventry Godiva is Bill Adcocks, 90 Frilsham Way, Allesley Park, Coventry CV5 9LR (Tel: Coventry 74665).

* * *

The Herts County WAAA Championships, which were rained off on May 17th, have been rearranged for July 6th at Ridlins Wood, Stevenage (1 pm start).

STOCKTON/DARLINGTON RAILWAY**150th ANNIVERSARY****LOCOMOTION '20'
ROAD RACE****Organised by Darlington Harriers**

(Under A.A.A. Laws)

SATURDAY, 16th AUGUST, 1975**at 2 p.m.**

Prizes: first 10 Individuals, first 5 Teams, first Veteran.

Entries—on AAA forms—to M. Frazer, 11 Heslop Drive, Darlington, Co. Durham.

Entry Fee: Teams 50p, Individuals 25p (all competitors must enter as Individuals).

ENTRIES CLOSE SATURDAY, 26th JULY**NOTTS ATHLETIC CLUB****"SALUTE TO SPORT"****OPEN ATHLETICS MEETING**

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

**HARVEY HADDEN STADIUM
NOTTINGHAM**

(Tartan Track)

SUNDAY, AUGUST 10th, 1975**PRIZES TO VALUE OF £250 PLUS****Trophies for Star Events**

Mens 5000m*, 1000m. **Ladies** 1500m*, 400m*. **Youths** 3000m*, 800m. **Senior Boys** 1500m*, 200m*. **Junior Boys** 1200m*, 100m. **Young Colts** 800m, 100m. **Junior Girls** 200m*, 100m. **Inter Girls** 800m*, 200m.

PLUS**VETERANS ONE MILE**

Details from and entries (on AAA & WAAA forms) to R. K. Picksley, 106 Ingram Road, Bulwell, Nottingham (277696).

Entry Fee: 20p.**ENTRIES CLOSE MON. JULY 28th**

Ages as in current A.A.A. & W.A.A.A. handbooks, Young Colts (under 11) and Veterans (over 40).

BOLTON UNITED HARRIERS

Sponsored by Reebok Sports

present

THE REEBOK '6'

(Under WCC & RWA Experimental Rules)

FOR LADIES**ON SUNDAY, 27th JULY at 2 p.m.**

Come on, Ladies, you have campaigned long and hard for this. NOW is your chance!

PRIZES TO FIRST SIX

ALSO

MEN'S OPEN '8'

(Under A.A.A. Laws)

at 2.30 p.m.

Individual, Team & Vets Prizes

Entries to J. Haslam, 10 Higher Dunsar, Egerton, Bolton. Tel: Bolton 56632.

Fees: Individual Ladies/Men 20p. Teams (Men) 30p (3 to score). All entrants must be 17 or over on day. **Closing date: Monday, 21st July.** (Entries taken on day 35p). Changing at Harwood Methodist Church Hall, Longsight Road, Harwood, Bolton.

BROMSGROVE & REDDITCH A.C.**STARS OF TOMORROW**

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

SATURDAY, SEPTEMBER, 20th, 1975**ABBEY STADIUM, REDDITCH**

Junior Girls (11-13 yrs): 100m, 200m, 800m, 70m Hurdles, 4 x 100m Relay, Long Jump, High Jump, Javelin Throw, Discus Throw, Shot Putt.

Junior Girls (13-15 yrs): 100m, 200m, 800m, 1500m, 75m Hurdles, 4 x 100m Relay, Long Jump, High Jump, Javelin Throw, Discus Throw, Shot Putt.

Intermediates: 100m, 200m, 400m, 800m, 1500m, 2500m Walk, 4 x 100m Relay, Long Jump, High Jump.

Seniors: 200m, 400m, 1500m, Long Jump, High Jump.

Awards for each event, plus Trophies for each section of Junior Girls event, Trophy for club with best aggregate overall in Junior and Intermediate events. Two further Trophies—for best Individual Performance—one track, one field.

Entries: 30p first event, 20p subsequent events. 50p Relay Teams. Send S.A.E. for details and entry forms to: Mr V. A. Webster, 8 Treeford Close, Solihull, Warks. (Tel: 021-705 5334).

CLOSING DATE, MON., SEPTEMBER 1st**EUROPEAN CUP
SEMI-FINALS (Men)**

Organised by

The British Amateur Athletic Board

Six great teams to compete

★POLAND ★SPAIN ★U.S.S.R.
★BULGARIA ★SWEDEN ★U.K.

AT CRYSTAL PALACE

Saturday, July 12th at 2 pm (Hammer 12.30)

Sunday, July 13th at 3 pm (Pole Vault 2 pm)

Tickets bookable in advance from
Crystal Palace Sports Centre

**MAKE SURE OF YOUR PLACE
FOR A GREAT MEETING**

Please send me the following tickets for
the European Cup Semi-Finals (State 12th
or 13th):

	No. of Tickets	Date
(Covered)		
£2.00		
Children £1		
£1.50		
Children 75p		
(Uncovered)		
£1.00		
Children 50p		
50p		
Children 25p		
Total £.....		

I enclose my cheque/P.O.s made out to
SPORTS COUNCIL for £.....

PLEASE ENCLOSE
STAMPED ADDRESSED ENVELOPE

Name

Address

(Blocked capitals, please, to ensure safe delivery)

RESULTS IN BRIEF

May 13th

North Yorks & South Durham League at Middlesbrough. 1500: 1, D. Coates (Gates) 3:50.2; 2, J. Asgierrson (Durh Un) 3:57.6; 3, R. Cartwright (BR) 3:57.6. 3000: M. Goddard (Durh Un) 8:31.9. (Senior Women) 100: J. McGregor (BR-Int) 12.2. 400: 1, McGregor 58.7; 2, A. Woodall (Mi-Int) 58.9; 3, G. Garbutt (Mi) 59.8.

May 27th

North Yorks & South Durham League at Darlington. (Senior Women) 200: A. Woodall (Mi-Int) 25.5. 800: G. Garbutt (Mi) 2:18.6. (Juniors) 200: K. Dalkin (Mi) 27.3.

June 14th

AAC Chapstow 49 v AAC Harrogate 49 v AAC Arborfield 34 at Harrogate. (Junior Men) 2000SC: P. Staynings (H) 6:13.0.

June 1st

BMC Races at Exeter. (Senior Men) 1500: 1, M. Wilson 3:51.3; 2, R. Cytla 3:52.0. (Senior Women) 800: 1, A. Mason 2:17.0; 2, G. Emmerson 2:19.3.

June 8th

Herefordshire AAA/WAAA Champs. (Inter Women) 800: K. Lock (Here) 2:22.3. LJ: K. Jenkins (Here) 5.15/16'10 $\frac{3}{4}$ " (CBP).

June 11th

Granchester 5M Road Race at Cambridge. 1, R. Church (P'boro) 25:18; 2, A. Boast (C&C) 26:04; 3, R. Brook (C&C) 26:28; 4, E. Saberton (C&C) 26:41.

June 12th

Bannister Miles at Oxford. (A Race): 1, B. Smith 4:06.0; 2, J. Goater 4:06.0; 3, M. Downes 4:09.4; 4, D. Wright 4:13.5; 5, C. Campbell 4:15.0. (B): 1, P. Lewis 4:11.5; 2, J. Eley 4:12.0; 3, K. Rasmussen 4:15.8.

June 14th

Coventry College '10'. 1, A. Rushmer (Tip); 2, S. McHale (Glos); 3, P. Wood (Worc N) 4, M. Rollason (S Heath); 5, R. Milne (Notts); 6, E. Austin (Tip). (No times available.) Team: Tipton.

Gloucester AC Open Meeting at Black Bridge. HJ: G. Griffiths (Glos) 1.85/6'0 $\frac{3}{4}$ ". HT: T. Hill (Worc) 40.82/133'11".

Wendover Carnival Coombe Hill Challenge Race. 1, K. Voight (RAF) 23:57; 2, R. Collingbourne (WS&E) 24:04; 3, G. Wheeler (WS&E) 24:15; 4, R. Randell (WS&E) 25:10; 5, T. Souter (Braz C) 25:27; 6, I. Howard (Braz C) 25:27. Team: Windsor, Slough & Eton.

June 15th

Barnet Sports Gala BMC Relays at Hendon. (Senior Men) 4x800m: 1 (Lee, Jones, Leach, Douglas 1:55), 7:50; 2 (Colton, Spencer, Jackson, Williams 1:53), 7:51; 3 (Gowans, Kidd, Tarquini 1:54, Coffey), 7:56; 4 (Seward, Markley 1:55, Harmer, Marsden), 7:57. (Senior Women) 3x800m: 1 (Weston 2:17.5, Emmerson, Morgan), 6:56.0; 2 (Bateman 2:16.5, Eisenberg, Brown), 6:58.0; 3 (Mason 2:15.5, Sales, Price), 7:02.0.

Lomonds of Fife Hill Race (Cat: B/9 $\frac{1}{2}$ M/2200') at Gateside, Fife. 1, B. Finlayson (Loch) 72:02

(rec); 2, M. Edwards (Aber) 72:51; 3, J. Wilson (Cambus) 73:49; 4, R. Bradley (Holm) 73:53; 5, R. Anderson (Cambus) 74:13; 6, M. Armitage (Holm) 75:37; 7, P. Duffy (Aber) 76:27; 8, A. McIntosh (Cup) 76:43; 9, R. Asquith (Holm) 76:48; 10, A. Macrae (Loch) 76:50. Team: Holmfirth.

DATE CHANGE

LADIES 5 MILE ROAD RACE

SUNDAY, SEPTEMBER 21st, 2.00 p.m.
plus at 3.30 pm

WYCOMBE FURNITURE "5"

and

2nd 24Hr MIXED ENDURANCE RELAY

SEPTEMBER 20th/21st

Entry Fees: 30p Ind., 80p Teams, Furniture '5' & Ladies Race, £3 Relay Teams. Enquiries & Entries to Mr S. Baskerville, 6 Stephenson Close, High Wycombe, (HW 37022).

Primrose Intros

for your introduction to pleasant friends or marriage partners. You must be aged 18 or over. Established 1966, we have members throughout Britain, Europe, U.S.A. and Canada on our register.

Write NOW, stating particulars about yourself. To receive our prospectus please enclose 50p crossed Postal/Money Order (one Dollar or equivalent foreign currency).

PRIMROSE INTROS,

(Dept, AW)

25 KINGS ROAD, CHELSEA,
LONDON S.W.3. ENGLAND

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.

POST FREE BARGAINS. Adidas Country £9.50, Rom £7.00, Leader £5.50, Cross £6.00. Jo Royle, 22 High Street, Buxton, Derbyshire. Telephone 0298 5824.

SAVE MONEY ON SHOES . . . Adidas SL72 £10.24, Gazelle £9.45, Apollo Spikes £7.49, Tiger Marathon £6.84, Freedom Shorts £1.48, Tracksters £2.94. Prices include postage. Martin Evans Sports, Faringdon, Berkshire. (0367 20245).

ATHLETICS THROUGH THE LOOKING GLASS by Brian Mitchell is 50p from Wildlife & Country Photos Ltd., Orcombe, Peckham Bush, Tonbridge.

ARE YOU ADVENTUROUS? If so, you can make exciting new friends. Write S.I.M. Computer Dating (Ath), 109 Queens Road, Reading.

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.

BARNSELEY '6'

LADIES 6 MILE RACE

(Under WCC & RWA Experimental Rules)

SUNDAY, AUGUST 10th at 2.30 p.m.

The South Yorkshire Council, who are sponsoring this first ever long-distance race for Ladies, have been very generous:

1st £20

2nd £12; 3rd £8; 4th £5; 5th £4;
6th £3; plus many Spot Prizes.

Free souvenir tracksuit tags all starters.

Entries 25p to Bob Midwood, 18 Shambles Street, Barnsley.

MEN: Barnsley '6' entries are rolling in—**HURRY!**

SHAFTESBURY '10'

Incorporating

SOUTHERN '10'

(Under A.A.A. Laws)

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

COPTHALL STADIUM, HENDON

Prizes: First 15 Individuals, Plaques first 3 teams, Challenge Cup Winning team. Special Awards by Green Shield Trading Stamps Co., to first Vet and first Under 21.

Entries to A. J. Sunderland, 52 Curzon Avenue, Stanmore, Middx. HA7 2AN. (01-863 4317).

Entry Fees: 35p no team fee (6 run, 3 score), 25p if Shaftesbury '10' entered only.

ENTRIES CLOSE 30th JULY

STRATHALLAN

HIGHLAND GAMES

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

BRIDGE OF ALLAN

SATURDAY, 2nd AUGUST, 1975

at 2 p.m.

Pipe Band Contests, Highland Dancing,
Full Programme of Athletics,
Heavy Field Events,
Cycling, Wrestling, Pony Trot

REFRESHMENT & CATERING AVAILABLE

Further information from the Secretary,
Strathallan Meeting Ltd., 95 Henderson
Street, Bridge of Allan.

COLCHESTER & TENDRING ATHLETIC CLUBS

Present—To coincide with

THE TENDRING SPORTS FESTIVAL

6½ MILE ROAD RACE

(Under A.A.A. Laws)

ON MONDAY, AUGUST 25th, 1975

at 3 p.m. from

**VISTA ROAD RECREATION GROUND
CLACTON-ON-SEA, ESSEX**

Fee: 20p per person (no extra team fee).

Prizes: first 3 Individuals, first 2 Teams (3 to score), first 2 Vets.

Entries to Mr J. Hyland, 29 Hastings Road,
Colchester, CO3 4SD, Essex.

ENTRIES CLOSE 18th AUGUST, 1975

FRODSHAM HILL RACES

(Under A.A.A. Laws)

Sunday, 31st August, 1975

**4½ MILE
SENIOR RACE**
Fred Foord Trophy
holders

Holmfirth Harriers
£25, £10, £5, £2.

**3½ MILE
YOUTH RACE**
Sam Williams Trophy
holders

Sheffield United
£15, £6, £3, £2.

**2½ MILE
BOYS RACE**
Birtles Trophy
holders

Leicester Cor. A.C.
£5, £4, £3, £2.

**2½ MILE
COLTS RACE**
Mothers Trophy
holders

Rossendale A.C.
£5, £4, £3, £2.

Also first 3 teams of 3 in each race. First 3 Veterans over 40, first over 50. First Locals.

IND. ENTRY FEES: Sen. 25p, Youths 25p, Boys 20p, Colts 20p (all must enter as individuals).

TEAM ENTRY FEES: Sen. 60p, Youths 60p, Boys 50p, Colts 50p.

Enquiries and entries to A. G. Bunner, 3 Borrowdale Close, Frodsham, via Warrington WA6 7LN.

Entries close August 18th, 1975—No late entries accepted

Ages on 1.9.75—Seniors over 18, Youths age 16 and 17, Boys age 14 and 15, Colts age 12 and 13.